

COUNTRY LIVING



DECORATING • CRAFTS • HOUSES • GARDENS • FOOD • TRAVEL • HEALTH

Simple STYLE

- DECORATE WITH WHITE
- EXTEND YOUR LIVING SPACE
- LIGHT UP THE GARDEN

EASY SUMMER
SUPPERS FOR
ALFRESCO MEALS

&
HOT PLANTING
SCHEMES TO
BRIGHTEN THE
BORDERS

SCANDI STYLE
COOL
CLOTHING
FOR SUMMER
DAYS

DARK
SECRETS
LIE BACK
& WATCH
THE STARS



ESCAPE TO A BEAUTIFUL B&B IN BRITTANY



countryliving.co.uk





Matki-ONE Quintesse.

Comes with Silver, White, Black or Bronze frames, shown here.

Colour details in a choice of Chrome, Brass, Copper, White, Black, Red, Green and Blue.

MATKI - ONE



01454 328 811 | MATKI.CO.UK | BRISTOL BS37 5PL



Designed and made by Howdens.
Supplied and fitted by your local builder.



Howdens Joinery is the UK's largest manufacturer and supplier of fitted kitchens, appliances and joinery products. We understand what it takes to make a great looking kitchen, and importantly one that works every time, every day. That's why we only sell our products directly to professional trades people like your local builder.

Our products are from stock in each of our 600 depots throughout the UK, and in each depot trained designers are on hand to design your kitchen and support you and your builder throughout.

Visit www.howdens.com to see our full range of kitchens and joinery products, or call 0800 6888 167 to request a brochure.



BY APPOINTMENT TO
HER MAJESTY THE QUEEN
SUPPLIER OF FITTED KITCHENS
HOWDEN JOINERY LTD
LONDON



HOWDENS
JOINERY CO.

MAKING SPACE MORE VALUABLE

PANTENE

Visibly
healthier hair with
**EVERY
WASH***

Discover the all NEW Pantene with clinically proven anti-oxidant technology** working at hair's core. The Pantene Pro-V formula detects and then micro-targets recurring damage. For hair that gets visibly healthier and more beautiful with every wash*. Give up on other shampoos and see the Pantene proof for yourself.

CLINICALLY PROVEN

*shampoo + conditioner vs. non-conditioning shampoo
**excl. Anti-Dandruff & Expert Series.





Contents

Houses & gardens

- 13 **EMPORIUM** New ideas to introduce a touch of country style to your home
- 20 **WHITE, BRIGHT & BEAUTIFUL** An all-white palette is an ideal way to freshen up your home – discover simple but stylish ideas to introduce individuality to every room
- 28 **CONSERVATORY SPECIAL: ROOMS**
- WITH A VIEW Whether it's an extra living space, a link to the great outdoors or a heavenly hideaway, a light-filled conservatory makes a versatile and appealing addition to a home
- 97 **GARDEN NOTES** Everything you need to know to get the most from your plot
- 100 **EVERY SHADE OF GREEN** The verdant hues of exotic-looking evergreens bring interest and sculptural beauty to a Suffolk garden
- 106 **ART & SOUL** The light, uncluttered rooms of Mariella Baldwin's charming Arundel home provide the perfect backdrop for her vintage finds and exquisite botanical paintings
- 114 **SECRETS OF A GLORIOUS GARDEN** We follow the growing year in the beautiful

gardens at Loseley Park in Surrey, with plenty of practical ideas for you to use

- 120 **FULL OF FRENCH FLAVOUR** In a hamlet in rural northern France, a rundown traditional Breton farmhouse has become a relaxed rustic home and B&B with plenty of Gallic charm

Features

- 60 **A DYEING ART** Working inside a small studio overlooking lush Devon countryside, Isabel Knowles prepares plants, roots and leaves to add vibrant colour to her one-off dress designs
- 68 **READING THE LANDSCAPE** Patrick Barkham celebrates the chalk features of the North Downs and reveals the forces that have shaped them
- 74 **A TASTE OF THE GOOD LIFE** The Ivins family invite us onto their East Sussex plot to share tips for growing food and raising livestock. This month: keeping sheep
- 84 **WHEN AN IDEA BEARS FRUIT** Four siblings have transformed a Welsh fruit farm into a growing success, creating a modern PYO where visitors can enjoy a true taste of the countryside

ON THE COVER

- Simple style **pages 20, 28 and 98** Easy summer suppers **page 134**
- Hot planting schemes **page 114**
- Make your own soaps **page 42** Scandi style
- Dark secrets **page 50**
- Escape to a beautiful B&B in Brittany **page 120**



Contents



August 2015 issue 356

90 SPIRIT OF THE BEEHIVE The rare craft of skepmaking – creating traditional straw hives – enables bees to produce a golden honey with a flavour like no other

Food & drink

126 SARAH RAVEN'S SUPERFOODS The cook and gardener picks the healthiest fresh produce to eat in August: beetroot

134 SIMPLE DISHES FOR BUSY DAYS

Alison Walker showcases easy but delicious recipes. This month: no-cook options that are perfect for alfresco meals

Fashion, health & beauty

50 SCANDI STYLE Go for the Nordic look this summer with simple chunky knits, stylish shirt dresses, versatile pinafores and chic flowing headscarves

145 PEDAL POWER As well as the obvious cardiovascular and toning benefits cycling brings, the wonderful mix of fresh air and

beautiful scenery as you explore the great outdoors will boost your spirits, too

151 HEALTH NOTES Improve your wellbeing the natural way with our round-up from the world of health and beauty

News & views

41 A MONTH IN THE COUNTRY What to do, where to go, ideas to try and simple pleasures to enjoy throughout August

152 WHERE TO BUY Stockist details

153 NEXT MONTH in *Country Living*

178 MY COUNTRYSIDE Bear Grylls

Reader offers

19 SHOP AT OUR ONLINE STORE Discover unique homeware and accessories in the Country Living General Store

94 MODERN RUSTIC 3 Our new bookazine

142 SUBSCRIBE to *Country Living*

154 COUNTRY LIVING READER OFFERS

Save on a fantastic range of items

TO RENEW OR TAKE OUT A SUBSCRIPTION TO CL THIS MONTH
See page 142 for details

COVER CREDITS

Photograph by Rachel Whiting. Styling by Ben Kendrick. Vase, £29.95/four, Nkuku. Green jars, from £6; seed packets, from a selection: all Pimpernel & Partners. Twine, £3, Pipii. Scissors, £14, Labour & Wait. Cards, from £2.25 each, Willow & Stone. Jug, £6.50, Cox & Cox. Glass, £2, Habitat. Hydrangea, £5.50, Ikea. Tablecloth in Amelia Rose fabric (223977), £55/m, Sanderson. For stockists, see *Where to Buy*



CATCHPOLE & RYE

KENT ENGLAND



EXCLUSIVE | LUXURY | BATHROOMS

Showrooms London

282-284 Fulham Road Chelsea
SW10 9EW T. +44 (0)207 351 0940
sales@catchpoleandrye.com

Showrooms & Workshops Kent

Saracens Dairy Pluckley Road Pluckley
TN27 0SA T. +44 (0)1233 840 840
www.catchpoleandrye.com

John Lewis
OF HUNTERFORD



0700 278 4726
www.john-lewis.co.uk

Beaconsfield Blackheath Bristol Cambridge
Chiswick Cirencester Cobham Fulham Harrogate
Hungerford Muswell Hill Oxford Tunbridge Wells
Wantage Bedroom Showroom Winchester Scottish Sales

THE ORIGINAL PAINTED KITCHEN
COMPANY - SINCE 1972

COUNTRY LIVING

Hearst Magazines UK, 72 Broadwick Street, London W1F 9EP.
Editorial: 020 7439 5157; countryliving.co.uk. Advertising: 020 7439 5296

EDITOR-IN-CHIEF

Susy Smith

Editorial & Online Assistant Charlotte Dear

DEPUTY EDITOR ART DIRECTOR

Louise Elliott Darren Holdway

ART Art Editor Chris McPhail

Designer Seija Tikkis

Picture Editor Patricia Taylor

SUB-EDITORS Chief Sub-Editor Michele Jameson

Deputy Chief Sub-Editor Sue Gilkes

Sub-Editor Amanda Howard

FEATURES Features Editor Ruth Chandler

Acting Features Editor Kitty Corrigan

Deputy Features Editor Anna Jury

FOOD & DRINK Food & Drink Editor Alison Walker

HOMES & GARDENS Home Design Editor Ben Kendrick

Deputy Home Design Editor Alaina Binks

Contributing Garden Editor Stephanie Donaldson

WEBSITE Web Editor Caroline Stacey

HEALTH & BEAUTY Contributing Health & Beauty Editor Kate Langrish

PRODUCTION & FINANCE Production Manager Jeff Pettitt

Senior Advertisement Production Controller Paul Taylor

MANAGING DIRECTOR, BRANDS GROUP PUBLISHING DIRECTOR

Michael Rowley Sharon Douglas

DISPLAY ADVERTISING Sales Director Ben Giles

Partnership Director Nicola Inchmore

Advertisement Director Sara Leeson

Senior Sales Executive Anastasia Papa

HEARST CROSS MEDIA Regional Advertising Director Lisa Bhatti

Director of Hearst Magazines Direct Cameron Dunn

Regional Sales Director Keely McIntosh

Marketing Manager Charlotte Cunliffe

COMMUNICATIONS CREATIVE PARTNERSHIPS Group Director Pamela Ferrari-Blanchard Director Analisa Moore

Managers Rosalind Matchett, Kelly Gerbaldi

Art Director Clare O'Sullivan Art Editor Laura Passmore

Project Manager Karen Whitehead

SHOWS & EVENTS Director Sara Leeson Manager Lauren Shields

Senior Sales Executive Annie Bell

Executive Linda Abernethy Sales Executive Sam Toro

GROUP BUSINESS Head of Newtrade Marketing Jennifer Smith

Group Commercial Director Ella Dolphin

New Business Development Manager Jessica Rothenberg

Digital Marketing Manager Andrew Potter

Head of Customer Marketing Claire Riddle

Group Customer Marketing Manager Karen Sharp

Digital Communications Manager Alexandra Annunziato

Head of Digital Marketing Seema Kumari

Acquisitions Manager Magda Kirov

Strategy and Product Director Lee Wilkinson

Licensing Coordinator Josie Lahey-James

HR Director Surinder Simmons

Digital Sales Director Stephen Edwards

Chief Technical Officer Darren Goldsby

HEARST MAGAZINES UK Director of Communications Lisa Quinn

Publisher and International Licensing Director Adam Cooper

Circulation & Marketing Director Reid Holland

Circulation Manager James Hill

Chief Financial Officer Claire Blunt

CHIEF EXECUTIVE OFFICER

Anna Jones

HEARST MAGAZINES INTERNATIONAL President/CEO Duncan Edwards

Senior Vice President/CEO & General Manager Simon Horne

Senior Vice President/Editorial Director Kim St Clair Bodden

NEXT ISSUE ON SALE 30 JULY

SUBSCRIPTION ENQUIRIES 0844 848 5203

Manuscripts and artwork can be accepted only on the understanding that Country Living is not liable for their safekeeping. UNFORTUNATELY WE CANNOT ACCEPT UNSOLICITED MANUSCRIPTS. Although we make every effort to quote the correct price of all merchandise, it is possible some prices may have changed since we went to press. While we always do our best to ensure that firms and organisations mentioned in the issue are reputable, the Editor can give no guarantee that they will fulfil their obligations under all circumstances. Country Living ISSN 0951-0286 is published monthly (12 times per year) by Hearst Magazines UK, c/o USACAN Media Corp, 123A Distribution Way, Building H-1, Suite 104, Pittsburgh, NY 12901. Periodicals postage paid at Pittsburgh, NY. POSTMASTER: send address changes to Country Living, c/o Express Mag, PO Box 2769, Pittsburgh, NY 12901-0239. © A Publication of Hearst Magazines UK

HEARST magazines | UK
National Magazine Company

Hearst Magazines UK is a trading name of The National Magazine Company Limited (Registered in England number 11235) and Hearst Magazines UK 2012 Ltd (Registered in England number 4474102) whose registered offices are at 72 Broadwick Street, London W1F 9EP. Distributed by Conde Nast and National Magazine Distributors Ltd (COMAG), Tavistock Road, West Drayton, Middlesex UB7 7QE. (West Drayton 44015) COMAG. This publication is sold subject to the following conditions: that it shall not, without the consent of the publishers, first given, be lent, resold, hired or otherwise disposed of by way of trade except at the full retail price of £4.10; it shall not be lent, resold, hired out or otherwise disposed of in a mutilated condition, or in any unauthorised cover by way of trade or affixed to or part of any publication or advertising, literary or pictorial matter whatsoever. Sources, uses and disclosures of personal data held by Hearst Magazines UK are described in the official Data Protection Register.

Recycle All paper used to make this magazine is from sustainable sources in Scandinavia and we encourage our suppliers to join an accredited green scheme. Magazines are now fully recyclable. By recycling magazines you can help to reduce waste and add to the 5.5 million tonnes of paper already recycled by the UK paper industry each year. Before you recycle your magazine, please ensure that you remove all plastic wrapping, free gifts and samples. If you are unable to participate in a recycling scheme, pass your magazine on to a local hospital or charity. This magazine can be recycled either through your kerbside collection, or at a local recycling point. Log on to recyclenow.com and enter your postcode to find your nearest sites.



FIRST WORDS FROM THE EDITOR



A garden room...

...is such a treat – a place to potter with plants, keep dry when it rains and revel in good light all year round – has huge appeal. A halfway house between inside and out, such a space feels leafy and green but can just as easily be kitted out with comfortable soft furnishings as it can with practical work-a-day pieces. My personal

preference is for a good-sized surface that can act as the perfect potting bench but transform into a lunch table for get-togethers with friends. To find out more about extending your living space with anything from a basic lean-to to a full-on conservatory, turn to page 28 for our feature *Rooms with a View* – and these flower bottles with seasonal blooms (below) from our Country Living General Store will add a charming decorative

touch*. In this issue, we also have easy-to-prepare summer dishes (page 134), which will be ideal for eating in your garden room or even alfresco. If it's warm enough – and dark enough – lie back and look up at the stars. In town, it's often hard to see much but in the countryside, where light pollution is not such a problem, you might just see a shooting star. See page 42 for stargazing tips. Enjoy your summer!

Duffy Smith



Follow our boards on Pinterest for more beautiful CL photos and inspiration:
[pinterest.com/ukcountryliving](https://www.pinterest.com/ukcountryliving)



Find more news, seasonal recipes, travel ideas and decorating advice on our website: countryliving.co.uk



Follow us on Twitter for news about what's happening in the Country Living world: twitter.com/countrylivinguk



Join us on Facebook for regular updates about the magazine, plus competitions:
facebook.com/countrylivinguk



relax in the country



Handcrafted
in Britain



Free 10 year
guarantee

COUNTRY LIVING sofas exclusively at **dfs** 

Invite a little rustic charm into your life with the Country Living collection, a handcrafted range that includes the Loch Leven featured here. Every sofa is painstakingly handmade to order with the very best British design and craftsmanship, using the finest materials. To find the nearest store that stocks the range visit dfs.co.uk/countryliving

emporium

From a country picnic to a trip to the beach, make the most of summer with these stylish accessories

This compact clay feeder* is perfect for smaller birds and is available in six colours, including grey, blue and white (shown), £26, Green&Blue

Create your own paper bunting with this kit containing flags and four metres of string, £7.95, The Original Pop Up Shop

Suitable for indoor and outdoor use, this hand-crafted Loop bench is made from sustainably sourced English oak, £2,995, Tom Raffield

Handmade basket tray (H7cm x D40cm), £25, Heals

A bold floral cotton-linen twill cushion will add colour to an outdoor celebration, £95, Amara

The printed cotton band on this Fedora hat is designed by Julie Dodsworth and is from her British Waterways collection for Barbour, £39.95

Hand-sewn fabric bird, from a selection of one-off life-size designs, from £395, Emily Sutton

Notebook with a hedgerow illustrated cover, £4.95



NOTES



EMPORIUM



Provide a haven for bees in your garden with this wooden house, £14.99, Anjo Home at Country Living General Store



Melamine beaker in Orla Kiely's signature leaf pattern, available in yellow, green, blue and pink, £4 each, Unique & Unity



Thornback & Peel's new Cow and Buttercup print features on a range of kitchen linens. Tea towel, £12.95



Pack a blanket, flask and treats in this coppiced oak and hazel basket by weaver Lorna Singleton, £120, The New Craftsmen



Candles created by hand-pouring beeswax into antique bottles and jars, from £20, Pollen Arts at Tanner & Lawson

This Liberty-print tent is UV fade-resistant, waterproof and fire retardant, £595, Liberty



Stylish maple-wood salad servers for dining alfresco, £4 (pair), RE





SALONIST™

DIMENSIONAL COLOUR THAT RIVALS THE SALON

TREATS ROOTS THEN LENGTHS
SEPARATELY AS DONE IN SALONS



RATED FOR GREY COVERAGE & SHINE*

*MOST COMMON RATING AMONG 531 WOMEN ON Supersavvyme.co.uk - 21/05/2015.
SOME WOMEN PROVIDED WITH PRODUCT. MODEL WEARS 8/0 MEDIUM NEUTRAL BLONDE.



100% GREY COVERAGE



FIND MORE
STYLISH HOMEWARE
AT SHOP.COUNTRYLIVING.CO.UK



Take this roll-up reversible acrylic woven mat to the beach, £15, Cath Kidston



Canvas bag
by Margate-based
designer
Alex Foster,
£20,
Doodle Bag



Striking Fairtrade Shibori throws
hand-made using traditional
Japanese techniques,
£70 each, Decorator's
Notebook

Coast features birds, plants and marine life, £35 unframed



Bold & Noble's new range of three prints titled The British



Boat sculpture made
from hand-printed
tin, £400, John
Grayson at Studio
Fusion Gallery



Folding seat with a classic
striped canvas sling over a
sturdy beech frame, £45,
Garden Trading at Country
Living General Store

For stockist details, see *Where to Buy*

SIT
SIP
SMILE
REPEAT

ADD A DASH OF
LEMON FLAVOUR
FOR WATER WORTH
SAVOURING

TEISSEIRE

A DASH OF FRENCH FLAIR



NOW AVAILABLE IN MAJOR GROCERS



SOFAS & STUFF

Handmade in Britain,
In any fabric in the World.



Chiddington Sofa in Liberty Patricia Spice

sofasandstuff.com 0808 1783211

West Sussex, London, Manchester, Tunbridge Wells, Gloucestershire, Hungerford, Basingstoke, Edinburgh, Leeds, Harrogate, Bishop's Stortford



GET THE COUNTRY LIVING LOOK SHOP AT OUR ONLINE STORE!



EXCLUSIVE PRODUCTS FROM OUR COUNTRY LIVING COLLECTION



COUNTRY LIVING PAINT COLLECTION FROM MARSTON & LANGINGER AVAILABLE IN CHALKY INTERIOR MATT EMULSION, INTERIOR EGGSHELL AND EXTERIOR EGGSHELL **FROM £5/SAMPLE POT** ● COUNTRY LIVING CHECKED WOOL THROW £75
● COUNTRY LIVING 30TH ANNIVERSARY SPECIAL-EDITION BICYCLE BY PASHLEY IN DUCK EGG (PICTURED) OR MEADOW GREEN £645



WOVEN NAVY HERRINGBONE TWEED AND LEATHER BAG £219, EMMA CORNES ● NEEDLE-FELTED COASTAL SEAGULL ORNAMENT £44.95, LITTLE PATCH ● SUFFOLK STRIPE DECKCHAIR £70, GARDEN TRADING

WHITE, BRIGHT & *beautiful*

An all-white palette is an ideal way to freshen up your home – discover simple but stylish ideas to bring interest and individuality to every room

PRODUCED BY ATLANTA BARTLETT AND DAVE COOTE
PHOTOGRAPHS BY POLLY WREFORD





Calming, uplifting and easy to live with, white is a wonderful choice to lighten and brighten a space. Whether you want to create a traditional look or a modern rustic feel, the secret is to use a mix of different shades and tones – chalky off-whites alongside alabaster, lime and bleached pebble, for example – to bring subtle but stylish detail to a room. It's also important to introduce plenty of texture to give a pale palette extra depth, using pieces of distressed wooden furniture and woven materials. A natural light-reflector, white will help to increase the feeling of space – painting a ceiling and cornice a couple of shades lighter than the walls will

instantly add an impression of height. Collections of favourite objects and artwork look beautiful against a pale background, too, and are given more focus, while accents of bolder colours and strong patterns will have extra impact. Extending your choice of white to china, accessories and fabrics will further strengthen the effect.

Use white with shades of grey for a decidedly contemporary feel. Picking out door frames and panelling in the darker tone will give important definition to a space, and a white background makes the ideal blank canvas for furniture and accessories in slate, stone, steel or charcoal hues. Take further inspiration from these ideas... ➤

OPPOSITE Whites and greys are a good choice for giving a new lease of life to dark furniture, such as this old wooden table, which now serves as a desk **THIS PAGE** A plain white backdrop emphasises the shape and beauty of a variety of natural finds

STYLISH SHADES

The *Country Living* Paint Collection from Marston & Langinger includes soft greys and off-whites that offer great coverage with minimal preparation. All are available as tester pots (£15 for three) or from £25/litre in three finishes – chalky interior matt emulsion, interior eggshell and exterior eggshell – at shop.countryliving.co.uk.



Use a few colourful or brightly patterned accessories – or distinctive pieces in contrasting darker hues – to provide definition and stylish accents in an entirely white scheme



OPPOSITE A limited amount of pattern, as on these pretty vintage floral cushions, has more impact against a pure-white palette **THIS PAGE, ABOVE** An edited display of kitchen accessories, including metal teapots, adds subtle interest to an all-white kitchen, with an industrial table and stools providing darker accents **FAR LEFT** A mix of finishes brings understated detail to a pale scheme **LEFT** Shiny white appliances sing out against a white setting in matt tones



LIGHTEN A FLOOR

Washing wooden boards with lye and white soap is a traditional treatment in Scandinavia. The effect is soft and chalky, but the finish is extremely durable. Apply the lye (wear protective gloves and goggles) to freshly sanded pine

boards, brushing in the direction of the grain. Once dry, apply three coats of high-resolution white floor soap to seal. Two coats can be used for a lighter finish. Always double-check the manufacturer's instructions, as these can vary.*



Shades of grey and white create an elegant and interesting combination with a distinctly Gustavian feel



ABOVE LEFT White paintwork accentuates the architectural lines of beams and rafters in this beach house. Simple muslin curtains around the bed add to the ethereal mood

ABOVE RIGHT The door frame and panelling below dado level in this hall have been painted a darker grey to striking effect

LEFT Distressed furniture in soft greys brings gentle texture to a white scheme

*FIND A SELECTION OF LYES, SOAPS AND OILS AT EVAJOHNSON.COM

THE SEARCH FOR YOUNGER LOOKING SKIN IS OVER.

1 CREAM, 100 AWARDS.



Olay Total Effects is a simple solution for younger looking skin.

With **7 age defying benefits in 1, and 100 awards**
across the globe[†], it's all your skin needs. The 7-in-1 from the
world's number one.

WORLD'S No.1
FEMALE FACIAL SKINCARE BRAND[®]

Your best beautiful begins at Olay.co.uk

*Based on mass market facial moisturiser and cleanser value sales for past 12 months ending June 2014

[†]Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014


Olay
TOTAL effects

YOUR BEST BEAUTIFUL™



CL BOOK OFFER

Adapted from *Keep it Simple* by Atlanta Bartlett and Dave Coote (Ryland Peters & Small, £15.99). *Country Living* readers can order a copy for the special price of £15.99 including p&p by calling 01256 502699 and quoting GLR CM5. 



THIS PAGE A
polished concrete
floor is both beautiful
and robust. The sheen
of the surface will
complement a palette
of chalky white

save £669,070*

the bluebell
looks a million dollars
costs £930

*conversion rate \$1 = £0.67



sofa.com

For free fabric samples visit www.sofa.com,
pop in to our London or Bath showroom or
call us on 0345 400 2222.

CONSERVATORY SPECIAL

ROOMS WITH A VIEW

An additional living space, a link to the great outdoors or a heavenly hideaway, a conservatory will fill your home with natural light whether you choose an elegant metal structure or more rustic wooden style

WORDS BY CAROLINE ATKINS • PRODUCED BY ALAINA BINKS

N

oever you plan to use it, the joy of a conservatory is its large-windowed, light-enhancing structure, giving your house extra space and creating better views of the garden. Designs range from the classic gable-ended Georgian style and the multi-sided, crested-roof Victorian form to the oak-framed garden rooms and the contemporary glass construction. It doesn't have to match the period of the original building, but it's important to make sure the shape (particularly the roof line) is sympathetic to the look of your house.

If your house already has a dilapidated conservatory, look for a company that will restore or recreate it, preserving authentic fittings where possible, along with established planting such as spreading vines. If you're adding a new structure, aluminium and hardwood models are available in subtle shades such as pale green, blue or grey. An aluminium frame may give graceful, slender beams and supports, whereas timber, such as a chunky green oak frame, will provide character in its shape and texture and can be designed to look like an integral part of the building. Or you could opt for an orangery style, incorporating stone or brickwork that matches the main house.

Adding trellis and climbing plants where the new structure meets the old will help merge two buildings, and continuing stone or brick flooring from the conservatory into the garden will link these areas. 

PHOTOGRAPH OPPOSITE: BESPOKE CONSERVATORY MADE FROM SUSTAINABLE HARDWOOD, DOUBLE GLAZED WITH SELF-CLEAN SOLAR-CONTROL GLASS TO THE ROOF, PAINTED IN GRANITE EXTERIOR AND CLOCK TOWER INTERIOR EGGSHELL PAINT, FROM £35,000, MARSTON & LANGINGER



BRINGING THE GARDEN INSIDE

The conservatory, as an extension of the garden, provides as much pleasure today as it did when introduced in the 18th century for cultivating plants and ripening fruit. This way, you don't sacrifice outside space; you just incorporate it into the house. Add shelves to hold small plants, and place larger ones in floor-standing troughs and tubs. Floors can be tiled (red quarry or patterned encaustic), stone, old brick or rough boards. Include a potting bench for a 'working' space – or furnish it with chairs and a simple table, and enjoy the light and greenery.



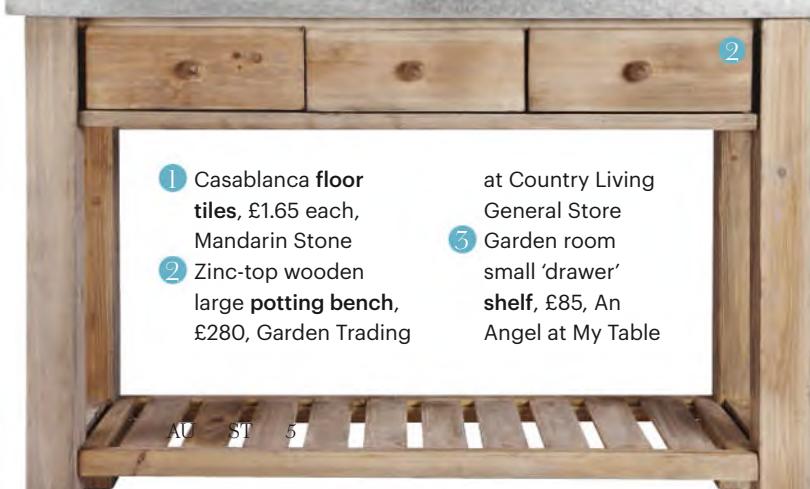
THIS PAGE, TOP LEFT

A small ledge above the door to the garden is the perfect spot to display a collection of vintage lanterns

TOP RIGHT An old terracotta floor mixed with worn wicker and wooden furniture brings a rustic look to a conservatory

BOTTOM This elegant addition with its minimal structure seamlessly merges inside and outside spaces

OPPOSITE Boarded walls and a brick floor give an instant feeling of the outdoors



1 Casablanca floor tiles, £1.65 each, Mandarin Stone

2 Zinc-top wooden large potting bench, £280, Garden Trading

at Country Living General Store

3 Garden room small 'drawer' shelf, £85, An Angel at My Table





CREATING A HIDEAWAY

Claim the room as your own and furnish it with favourite things to make a private sanctuary – like a year-round summerhouse. Add comfortable chairs and cushions, along with pictures, bookshelves and perhaps a small desk, and use it as a reading room, sewing room or studio. Floorboards painted a pale shade will make the most of all the natural light, and a traditional woodburning stove will keep the room warm and welcoming even in winter (insulated conservatory flues can be put through a glass roof).



THIS PAGE, TOP LEFT

Introduce relaxed seating, patterned cushions and rugs to create an inviting feel all year round

TOP RIGHT A bright room provides the ideal light for a hobby such as painting or sewing

BOTTOM A climber growing indoors brings a wonderful outdoor air



1 Peony and roses cushion, £42, Indigo & Rose at Country Living General Store

2 Ceramic butterfly coasters, £6.50 (set of four), Sass & Belle

3 Round wicker chair, £178, Design Vintage





AGEING HAIR?
DEFY TIME WITH THE
COLOUR BRITAIN'S
RAVING ABOUT



“ One of the **best hair colours** I have ever used.
Less dryness, less frizz...
more vibrancy & shine!

Covers my grey
perfectly. ”

nicen
easy

AgeDefy

Solar-controlled glass reduces the temperature and controls glare in south-facing conservatories, while low-emissivity glass reduces heat loss in north-facing rooms



THIS PAGE Painting-a conservatory white will make the most of the natural light ➔





BUILT FOR LIFE

David Salisbury luxury hardwood rooms are made to be living, well-used spaces. Meticulously engineered from sustainable wood, they are the product of decades of exacting expertise and sympathetic design. Whether it's a place for you to dream, or to watch your family grow, it's there to be used. For years to come.

For more details telephone **01278 764444**
or visit **www.davidsalisbury.com**

CL0815

EXTENDING YOUR LIVING SPACE

The additional space can give your house a light-filled new kitchen or dining room, an extra sitting room, even a spare bedroom. For flooring, limestone or slate flag will look elegant and be in keeping with the glasshouse style, or you could opt for natural matting or wooden floorboards overlaid with rugs to make the room feel part of the original house. Good heating is important if using the space year-round: install an extra radiator or discreet underfloor 'trench' heating topped with cast-iron grating for a traditional look.



1

THIS PAGE, TOP LEFT

This modern addition has mirrored the roofline of the thatch to remain in keeping with the original house

TOP RIGHT

Wooden boarding on both walls of this kitchen makes the new room feel part of the old house

BOTTOM LEFT

Wooden floorboards draw the eye towards the door, making the space feel larger

BOTTOM RIGHT

The black roof beams echo the large dresser and framed sketches on the wall for a cohesive look



PHOTOGRAPH TOP RIGHT BY GAP INTERIORS/H&J/ELSA YOUNG. STYLING BY LEANA SCHOEMAN

- 1 Grey Majadas floor tiles, £222/sq metre, Bert & May
- 2 Woven straw basket, £25, French Connection
- 3 Jar tealight lantern, £7.50, Nordic House
For stockists, see Where to Buy



3

VALE GARDEN HOUSES

FOR THOSE WHO APPRECIATE THE DIFFERENCE



CONSERVATORY
INTERIORS
www.interiorsbyvale.com

FOR A BROCHURE, CALL OR VISIT
+44 (0)1476 564433
www.valegardenhouses.com

 National Trust
Conservatory Collection

UK · IRELAND · CHANNEL ISLANDS · EUROPE

CONSERVATORY SPECIAL



A APROPOS

(0800 328 0033; aproposconservatories.co.uk)

Contemporary bespoke conservatories, orangeries and other glass extensions with aluminium frames and sliding or bi-fold doors.

ARBORETA

(0800 288 8333; arboreta-oak.com)

Specialises in oak-framed structures mixing traditional craftsmanship with modern engineering, and ensuring all additions are in keeping with the existing buildings.

D DAVID SALISBURY

(01278 764444; davidsalisbury.com)

Orangeries, conservatories, and timber and glass extensions. Its new 'rainbow roof glass' option creates an illusion of colour from inside the structure.

E THE ENGLISH GLASSHOUSE

(0845 652 7300; theenglishglasshouse.co.uk) Elegant conservatories and

orangeries built from hardwood, oak and 'engineered' timber, in traditional or modern designs that will blend with everything from listed buildings to new-builds. Modern glazing provides year-round temperature control.

E ENGLISH HERITAGE BUILDINGS

(01424 838643; ehbp.com)

Sussex-based company designing oak-framed buildings and extensions that combine high-quality craftsmanship with contemporary design. All timber comes from managed woodlands, where two or more trees are planted for every one felled.

H HAMPTON CONSERVATORIES

(020 7887 2279; hamptonconservatories.co.uk)

A 30-year history in bespoke hardwood conservatories, orangeries and botanical garden rooms. Styles range from classic to modern, including designs that blend sympathetically

CL directory

with listed Georgian, Victorian, Edwardian and Gothic buildings.

I IGLOO CONSERVATORIES

(01766 512652; igloo.uk.com)

Specialises in extensions using green oak frames with large glass panels and concealed joins to create rooms that appear to be open-sided.

J JULIUS BAHN

(03444 171400; juliusbahn.co.uk)

Eco-friendly traditional oak conservatories and orangeries using timber from sustainable sources. Manufactures and pre-assembles every frame on site to reduce transport costs.

M MALBROOK CONSERVATORIES

(020 8780 5522; malbrook.co.uk)

Designs, manufactures and installs conservatories, orangeries and garden rooms, working exclusively in hardwood timber, with custom-designed details.

M MARSTON & LANGINGER

(020 7881 5700; marston-and-langinger.com)

Builds unique, quality garden rooms based on timber-framed structures. Designs have an elegant sense of scale and proportion with interesting details, so that each one is in harmony with its surroundings. Also has a collection of paint for interior and exterior use, as well as wicker furniture and handmade blinds.

M MONTPELIER JOINERY

(01384 279933; montpelierjoinery.com)

From the same people behind Prime Oak (Andrew Whitlock and Warren Lowe), Montpelier supplies durable, hand-painted garden rooms and orangeries, with partially glazed or fully tiled roofs and bespoke bi-fold doors.

O THE OAK GLASSHOUSE COMPANY

(07522 544158; theoakglasshouse.co.uk)

Individually designed oak-framed conservatories with bi-fold doors, intended to provide an open-plan living area for year-round use, and a seamless link between house and garden.

OPUS CONSERVATORIES

(01494 450045; opusconservatories.co.uk)

Bespoke hardwood conservatories, orangeries and garden rooms in Victorian, Edwardian and contemporary designs to complement a range of architecture. Can also provide underfloor heating, blinds and air conditioning.

P PRIME OAK

(01384 296611; primeoak.co.uk)

Manufactures and constructs oak-frame garden rooms and orangeries using seasoned oak from its own drying yards. Focused on green processes and sourcing material from sustainable sources.

V VALE GARDEN HOUSES

(01476 564433; valegardenhouses.co.uk)

A family business manufacturing bespoke conservatories, which are pre-built in its workshops to shorten the on-site installation process. Committed to being environmentally friendly, and has a conservatory collection designed in association with the National Trust.

W WESTBURY GARDEN ROOMS

(01245 809612; westburygardenrooms.com)

Essex-based company supplying individually constructed garden rooms and orangeries in traditional designs to complement the original building.

PHOTOGRAPHS BY GAP INTERIORS/RACHEL WHITING; GETTY/HEARST STUDIOS; HOUSE OF PICTURES - TOMMY DURATH AND SOFT SKY FONT: LOUPE IMAGES - JAN BALDWIN, SIMON BROWN AND EARL CARTER; NARRATIVES/JAN BALDWIN



WESTBURY
GARDEN ROOMS

01245 326500
westburygardenrooms.com

MANDARIN
STONE

OVER 25 YEARS OF EXPERTISE

SUMMER
SALE

15%
OFF
EVERYTHING*

01 JUNE — 31 JULY 2015

* Excludes Classic and Discontinued lines.
Cannot be used in conjunction with any other offer.

Order online at: mandarinstone.com Or visit one of our inspirational showrooms:
Bath Bristol Cambridge Cardiff Cheltenham Exeter Marlow Monmouth Weybridge Wilmslow

a month in the country

WHAT TO SEE August



HEAVENLY HEATHER

Auring sultry August days, the uplands and moorlands of Britain become a haze of pinky-purple blooms buzzing with bees and covered with butterflies. Common heather, or ling, acquired its Latin name of *Calluna vulgaris* from the Greek word *kallunein*, meaning to beautify or sweep clean, in reference to its traditional use in besom brooms. In the past, it has also served as a yellow dye for wool, an ingredient in tanning leather and, in the Middle Ages, was mixed with malt to make heather-beer before hops came into common usage. Vital to the raising of grouse, which require established plants to nest in, heather has a strong association with Scotland, where it can be found in abundance. Here, the less common white version is thought to bring luck to anyone who carries it, a tradition brought from Balmoral by Queen Victoria. To this day, sprigs are sold as charms and worked into bridal bouquets.

COMPILED BY ANNA JURY AND CHARLOTTE DEAR



AUGUST IS A DUSTY

month – the wheat harvest is in full swing with the grain drier fired up and running from dawn until late. While the arable team are out on their tractors, others are getting ready for calving. The heavily pregnant cows are enjoying time on our chalk valley pasture, full of wild flowers and herbs. I am convinced

DOWN ON THE FARM

Helen Browning reveals what is taking place on her mixed organic holding in Wiltshire

they give birth more easily, and are generally healthier, having grazed this varied sward and been kept fit, walking up the banks. Over the bank holiday, it's time for some fun, provided by a mini festival at our local pub. There's music, and great food from the farm, plus the chance for villagers to meet our animals. For our staff, however, it's more likely



to be a pint in a deckchair in the shade of the garden. *For more about Helen's farm, see helenbrowningsorganic.co.uk.*



IN NATURE

Naturalist Simon King offers tips about the wild visitors you will see in your garden

LONG, WARM, LATE summer evenings are the perfect time to experience the best of British nightlife – not clubs and bars, but brilliant bats! Many are making the most of the proliferation of flying insects at this time of year, but they live in a world apart from our sensory perception – slicing through the night sky with the aid of echolocation. A bat

detector is a wonderful way to reveal the activities of these mammals; the hand-held devices pick up the ultrasonic squeaks used by the bats to find their way, and convert them into clicks and whistles audible to the human ear. Some species rarely venture out before it is totally dark, but others, including the common pipistrelle (above right) and the noctule, are often on the



wing at dusk and can be seen with the naked eye. *To learn about Simon's work, see simonkingwildlife.com.*

ENJOY A SLOW SUNDAY

Why not set aside one day a week to savour the simple pleasures in life?



BE A STARGAZER

This is the best time of year to see shooting stars, with the Perseid meteor shower (seen above) one of the brightest visible from Britain, peaking around 12-13 August. This year, it coincides with the waning moon appearing at its slimmest, making the sky darker, so it could be a spectacular display. It helps to be away from city lights but you don't need specialist equipment to see these galactic fireworks. Binoculars are handy for viewing stars but aren't required when scanning for meteors. Just lie back and study the sky – the longer you look, the more you'll notice. A deckchair, blanket and Thermos of hot chocolate will keep you comfortable. For a useful guide, go to downloads.bbc.co.uk/tv/stargazinglive/sgl_starguide2015.pdf or read *2015 Guide to the Night Sky: A Month-by-Month Guide to Exploring the Skies Above Britain and Ireland* (Collins, £6.99).

3

COURSES... IN SOAP MAKING

- 1 **Soap making** Ruth Romano, Siddington, Cheshire Gain an insight into different techniques through this introductory course and make a selection to take home with you. Lunch and refreshments included. 15 August; £95 (07553 147726; ruthromano.com).
- 2 **Introduction to soap making** Rowan Tree Studio, Bideford, North Devon Discover the art of this craft and create your own luxurious handmade bar using traditional methods and the finest nourishing oils and botanicals. 16 August; £50 (01237 431942; rowantreestudio.co.uk).
- 3 **Beeswax soap and balms** Humble By Nature, Penalt, Monmouthshire Learn the basics of the cold-pressed method and leave with your own sumptuous honey variety. 18 September; £40 (01600 714595; humblebynature.com). ↗



MAKE LOLLIES

They're not just for children – use up a fruit glut by blitzing together strawberries, raspberries and blackcurrants with natural yogurt, then freezing in moulds for a delicious, cooling treat.



LOOK FOR BERRIES

There's a nostalgic pleasure to be had in picking the ripe berries; why are the best ones just out of reach? Take a basket and scour the hedgerows, avoiding brambles near busy roads or those close to the ground.



A SIMPLE MAKE... PRINTED LAMPSHADE

Create a unique drum shade with a pretty roller

- 1 Tape a piece of linen fabric to a wall or board, pulling tight to remove creases.
- 2 Take the dry foam roller (wall applicator)* and slot it into the middle hole on the handle bracket. The wall applicator helps to create a gentle, aged finish.
- 3 Pour a small amount of water-based matt eggshell paint onto a flat piece of board. Roll the roller back and forth until it is soaked through with paint. Remove excess paint on a piece of paper.
- 4 Place the patterned roller into the elongated slots and turn it to cover the pattern in paint from the foam roller. Roll off the excess on the paper.
- 5 Starting at the top left corner, working in vertical columns, run the roller down the fabric. Hold it at 45° to the wall or board throughout and keep an even pressure.
- 6 Allowing the next run to slightly overlap the previous line of pattern, continue all across the fabric. Leave to dry.
- 7 Use a lampshade kit to finish the project.

SLOW SUNDAY WORDS BY KATE LANGRISH SIMPLE MAKE PHOTOGRAPH AND STYLING BY CLARE BOSANQUET *FLOCK-PATTERNED PAINT ROLLER, £20, WALL APPLICATOR, £12, BOTH THE PAINTED HOUSE, LAMPSHADE KIT, FROM A SELECTION, NEEDCRAFT. FOR STOCKISTS, SEE WHERE TO BUY



WE LOVE...

The combination of our Chichester dresser in Blakeney Blue, with our Harrogate table in Lily and chairs painted in Charcoal
Create your own design ideas at neptune.com or visit one of our stores nationwide

N
NEPTUNE

MEET TWO COUNTRY CHARACTERS



If you're heading to the south coast this month, be sure to look out for Maggie Scorer and her faithful golden retriever (above), who will be nearing the final leg of an incredible expedition. In March, Maggie, a grandmother of eight from Aldeburgh, Suffolk, set off on a 5,000-mile cycle ride around Britain's coastline, with eight-year-old Oscar in tow. She hopes to cover an average of 30 miles per day, overnighting at B&Bs and joined by supportive friends and family along the way. This dry-land adventure sees the pair, who have previously sailed halfway around the world together, raising money for Sands, a stillbirth and neonatal death charity, and Leukaemia & Lymphoma Research. "While never wanting to lose sight of why I'm doing it, mostly I would just like to enjoy it!" Maggie says. She will be posting regular updates along the way and you can follow their progress at dogontour.co.uk.

WHAT'S IN A NAME?

Lugg

Place-name element that is derived from the base *leuk* or *llug*, meaning 'bright'. In Wales, the Llugwy and Lligwy are both 'bright streams'*. 



NEWS YOU CAN USE

Are you planning a trip to the great British coast this month? Take an extra moment to listen out for the sounds of our shores. This summer, the National Trust, The British Library and National Trust Scotland are asking seaside residents and holidaymakers to record and upload audio snapshots, using their smartphones, tablets or handheld recorders, which will then appear on a 'soundmap' of the UK coastline. Whether it's the waves crashing on a Cornish cliffside (as above), a kettle whistling from a beach hut or even a historic recording found on an old '78 hidden in the attic, the project is a perfect excuse to explore, celebrate and help preserve the atmosphere of our coastline for future generations. Recordings should last up to five minutes and must be submitted by 21 September 2015 to nationaltrust.org.uk/coast – visit the website for more details, too.

Don't forget to share your sounds on social media using #lovethecoast.



Eco tip

Leave a section of your lawn uncut to provide a home for egg-laying insects such as butterflies.

FROM YOUR ARMCHAIR



Start, plan and manage your own smallholding with the very useful *The Smallholder's Handbook*, Suzie Baldwin's manual to keeping poultry, pigs, sheep and bees (Kyle Books, £18.99)**

5 CYCLE TRAILS

3

For families Camel Trail, Bodmin to Padstow, Cornwall Stop for a picnic overlooking Rock Beach as you explore the stunning Camel Estuary along a disused railway (visitcornwall.com).

1

For scenery Taff Trail, Cardiff Bay to Brecon, South Wales Discover the Brecon Beacons as you follow the River Taff through forests, open meadows and old railway paths (tafftrail.org.uk).

4

For woodland Forest of Dean, Gloucestershire Choose between a variety of routes, from country lanes to Cannop Valley paths or even forest tracks for mountain bikes (wyedean tourism.co.uk).

2

For an urban adventure Richmond Bridge to Weybridge, Surrey Pass Marble Hill House, Hampton Court and Eel Pie Island as you swap the city for more rural environs (visitthames.co.uk).

5

For a challenge Yorkshire Dales Cycleway, Skipton, North Yorkshire Test your limits through the National Park's dales (cyclethedes.org.uk). For more routes, see our health feature on p145. 



WE LOVE...

The solid granite and delicate wrought iron curves of our Provence table for two set
Create your own design ideas at neptune.com or visit one of our stores nationwide

N
NEPTUNE



CLOCKWISE, FROM LEFT The town marketplace; the rustic exterior of Orles Barn Restaurant with Rooms; savour the delights of Truffles Delicatessen; enjoy local produce at The King's Head



A NIGHT AND A DAY IN... ROSS-ON-WYE

Stay...

At Orles Barn Restaurant with Rooms, a restored working farm dating back to the 17th century. Set in the grounds of an old orchard, each of the six boutique rooms are named after a different variety of Herefordshire apple. They have been individually decorated with Sanderson wallpapers and Farrow & Ball paints, while the bar and sitting room downstairs offer a peaceful space to relax. Breakfast is served in the conservatory overlooking the garden and includes tasty Herefordshire bacon, eggs from a local farm, and fresh fruit and juices. Double B&B from £110 (01989 562155; orles-barn.co.uk).

Eat...

A hearty three-course evening meal or Sunday lunch at the Moody Cow Pub in nearby Upton Bishop, and choose from Chris Burgess and Dawn Caddick's selection of dishes such as pork belly served on a potato rosti with fresh vegetables followed by homemade orange blossom crème brûlée. The King's Head offers fresh local produce, from steak and Wye Valley ale pie to roasted scallops, or enjoy a slice of freshly baked carrot cake or a gluten-free chocolate brownie at Pots and Pieces Teashop before discovering the selection of gifts on display.

Browse...

The independent shops and stalls that surround the historic marketplace. Truffles Delicatessen stocks an impressive selection of local cheeses, chutneys and meats, plus terrines and soufflés made by chef James Arbourne. For organic produce, try Field Fayre, which supplies apple juice from nearby Ragmans Farm and eggs from Middle Crwys' mixed flock. Tucked away behind the main cobbled street is Sarah D'Arcy's showroom and studio; pick up one of her intriguing collection of ceramic animals as a memento. Renowned homeware store Baileys is just outside the town, too, at Bridstow.

GET IN TOUCH
[FACEBOOK.COM/
COUNTRYLIVING](https://www.facebook.com/countryliving)
[TWITTER.COM/
COUNTRYLIVINGUK](https://twitter.com/countrylivinguk)
[COUNTRY.LIVING
@HEARST.CO.UK](mailto:COUNTRY.LIVING@HEARST.CO.UK)

Don't miss Ross-on-Wye Summer Carnival on 1 August, when the cobbled streets play host to an entertaining procession of local groups, charities and traders (rosscarnival.org.uk).

FURTHER AFIELD



Five miles downstream from Ross-on-Wye is **Goodrich Castle**, a Norman ruin once owned by King Richard the Lionheart – explore the many rooms before embarking on a challenging but rewarding climb to the top of the keep. Discover the **Wye Valley** from the water by spending a day canoeing the river or enjoy the view from above at **Symonds Yat Rock**. Finally, cross into Wales for a visit to Cistercian **Tintern Abbey** (above), the best-preserved medieval abbey in the country.



LOCAL LANDMARK

The spire of St Mary's Church has stood prominently above the town as a beacon from all directions for 700 years. 

ercol

ENGLAND SINCE 1920



aluetta

For a catalogue and stockists, visit www.ercol.com or call 01844 271821
Ercol Furniture Ltd, Summerleys Road, Princes Risborough, Bucks. HP27 9PX

Furniture for
Dining
Living
Bedroom
Home office



DREAM HOME... LOW GROUND, DENT, CUMBRIA £279,000

Each month, we choose our favourite country property currently on the market

FOR DETAILS OF THIS
AND OTHER RURAL
HOUSES FOR SALE
SEE COUNTRYLIVING.CO.UK

Low Ground is a 17th-century, Grade II-listed cottage situated in Cumbria's share of the Yorkshire Dales National Park. Located in Dentdale, a valley on the Pennines' western slopes, the cobbled village of Dent is only a mile away, while a 15-minute drive will take you to the ancient market town of Sedbergh. Ripe for restoration, this two-bedroom detached property still retains plenty of period features, including flagstone flooring, oak beams and stone mullion windows. The kitchen features an oil-fired Rayburn, wooden wall and base units, and a stable door to the rear garden, while the sitting room, accessed via the entrance porch, has a woodburning stove as its focal point, which stands within the original fireplace. The bathroom is on the first floor, together with the two good-sized double bedrooms, which include a feature fireplace and a window seat overlooking the countryside. A dry stone wall borders the front and rear gardens, which are filled with fruit trees, terraces and lawns; a side gate opens out into the fields and fells beyond. 

Summer
Sale
Now On

See harveyjones.com
for full details



BATH BATTERSEA BOURNEMOUTH BRENTWOOD BRISTOL CAMBRIDGE CARDIFF CHELTENHAM
CHESTER CHICHESTER CHISLEHURST EDINBURGH FULHAM GLASGOW GUILDFORD HAMPSTEAD
HARROGATE HOVE ISLINGTON LEAMINGTON SPA MARLOW MILTON KEYNES NOTTINGHAM
NOTTING HILL OXFORD SHEEN ST. ALBANS TUNBRIDGE WELLS WILMSLOW WINCHESTER WORCESTER

Call now for your free brochure:
Tel: 0800 032 6489
www.harveyjones.com



FASHION



scandi style

Go for the Nordic look this summer with simple chunky knits, stylish shirt dresses, versatile pinafores and chic flowing headscarves

STYLING BY EMMA FREEMANTLE

PHOTOGRAPHS BY CRAIG FORDHAM



Headscarf in silk/cotton, £18/m, The Cloth Shop. **Vest**, from a selection, Miopo. Knitted woollen

waistcoat, £165, Hambro & Miller. Cotton drawstring **trousers**, £25, Denny Andrews

Choose a pared-back palette of crisp white, cool charcoal and classic navy



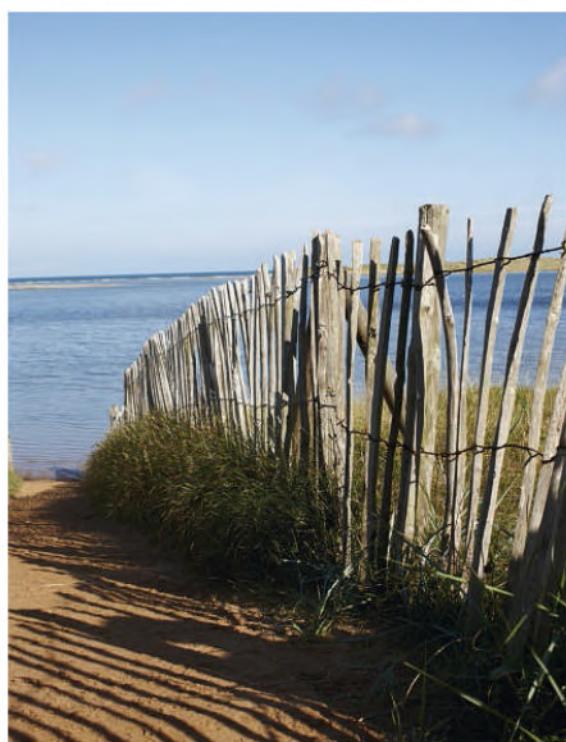


OPPOSITE Cotton shirt-dress, from a selection, Sunspel. Linen/modal tank top, £7.90, Uniqlo. Striped cotton pants, £16, Asos. Leather rucksack, £350, Ally Capellino

THIS PAGE, TOP Corelli cotton apron-dress, £139, Cabbages & Roses. T-shirt dress, from a selection, Miopo. Birkenstock leather sandals, £69.95, The Natural Shoe Store

ABOVE LEFT Organic cotton scarf, £40, Denny Andrews. Vintage linen smock, £75, Josephine Ryan

ABOVE RIGHT Headscarf in linen, £19/m, The Cloth Shop. Sailor cotton/wool jumper, £90, Petit Bateau. Checked cotton skirt, £70, Tara Starlet. Vintage cotton stockings, from £45, Worn with Love. Boots, from a selection, The Natural Shoe Store ➔



ABOVE LEFT

Headscarf in striped cotton, £18/m, The Cloth Shop. Vest **top**, from a selection, Miopo. Drawstring trousers, as before

TOP RIGHT

Vintage smock, £65, Portobello Market



DOONBEG round-neck sweater in Cobalt

dubarry 
of Ireland

— Est. 1937 —

Flagship Stores
**34 Duke of York Square,
Kings Road, Chelsea, London SW3 4LY**
35 College Green, Dublin 2

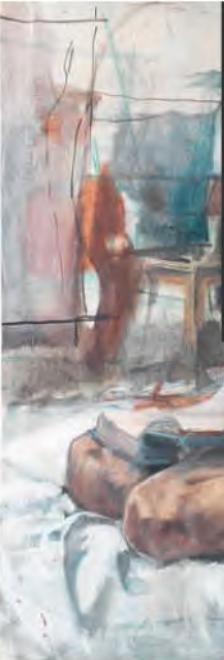
Visit our website for retail partners
in your area or to buy online

dubarry@com

FASHION

Cotton shirt, £150,
Sunspel. Cotton
drawstring trousers,
£25, Denny Andrews.
Silver necklace, £145,
Layana London 





SOFA WORKSHOP

individual sofas, for individuals



Visit your nearest shop, call free on **0800 23 00 048** or visit our website for latest offers

www.sofaworkshop.com



Headscarf in linen, £19/m, The Cloth Shop. Cotton shirt-dress, £150, APC. Swimsuit, £185, Melissa Odabash at Rosato Collections. Birkenstock sandals, £69.95, The Natural Shoe Store 

 For stockists,
see *Where to Buy*



Little Greene
PAINT & PAPER 1723



We've got the widest selection of paint, wallpaper
and fabrics to transform your home.

For great service, expert knowledge and free delivery,
visit **brewers.co.uk** to find your nearest store
and more inspiration.

Brewers



OVER 150 BRANCHES ACROSS THE COUNTRY BREWERS.CO.UK



A dyeing art

In a small studio overlooking lush Devon countryside, Isabel Knowles prepares plants, roots and leaves to add vibrant natural colour to her one-off dress designs

WORDS BY CAROLINE ATKINS

PHOTOGRAPHS BY LISA LINDER



Ihe community market garden at Chagford in Devon is a busy place on Thursdays. It's harvest day, when volunteers descend to fill the boxes that are delivered to members around the county every week. Dressmaker Isabel Knowles is helping with the picking and packing of calabrese and courgettes, bright peppers and feathery heads of fennel. But the produce she will take home to her parents' 19th-century house, perched on the edge of a valley in the village of Lustleigh about eight miles away, is slightly different to the standard box. As well as the week's kitchen supplies, Isabel has clumps of purple beetroot, plus handfuls of woad leaves and madder roots, which she will use to dye some of the handmade skirts, tops and dresses she sells online.

In Isabel's studio, which has views across to the woods of Lustleigh Cleave on Dartmoor, there are bolts of material on shelves and in baskets, and sections of stiff Manila paper patterns hanging on a rail alongside made-up dresses. Spread out on the big tailor's table is a blue dress waiting for Isabel to finish its rounded white collar. From her collection of threads, thimbles and vintage buttons, she digs out a 1940s sewing manual and reads a few lines of the opening page that sum up her enjoyment of her craft: "The way a well-balanced pair of





Isabel finds a sense of fulfilment in producing something that's unique

dressmaking shears feels in the hand, and the sound of sharp blades cutting through cloth... a thimble that fits the finger and the rhythm of pulling a finely tempered steel needle through fabrics, there is something satisfying in all this."

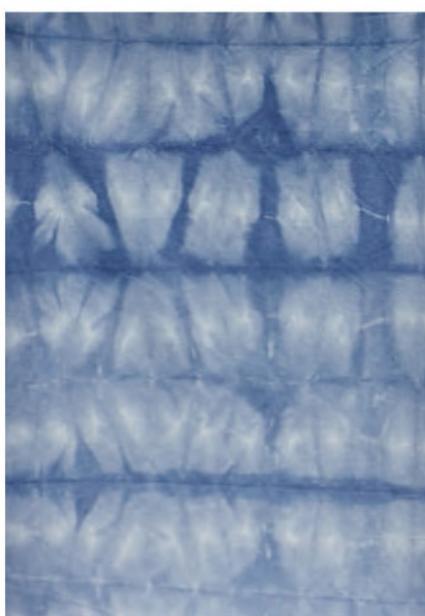
These are old-fashioned pleasures for a designer who is only 25 and makes her living via the internet, but Isabel finds a sense of fulfilment in producing something that's unique. When she was a teenager, that meant customising her own clothes; later, though no one taught her dressmaking, she worked out how to create garments by taking others apart and seeing how they fitted together: "Even now, I

don't sketch the design first - I just play around with the fabric itself." Her foundation diploma at Chelsea College of Arts gave her further opportunity to develop her skills, then, when back in Devon, she discovered an irresistible fox-print organic cotton and decided to buy four bolts of it to make dresses. She produced enough to sell and turn a small profit, which she invested in more material.

That was just over four years ago and it marked the launch of her business specialising in classic, vintage-inspired flattering shapes. "I get inspiration from books, including *Cold Comfort Farm* and *I Capture the Castle*, which reflect the jazz era from a country

THIS PAGE AND OPPOSITE
Isabel harvests leaves, flowers and vegetables, including marigolds, beetroot and madder roots, to create natural dyes for her dresses, which she makes using ethically sourced fabrics





“I like working with woad because it has a strong tradition in the British textile trade”

angle," she explains. All her designs are either limited editions, one-of-a-kind Liberty-print designs or hand-dyed dresses, with prices from £90 to £240.

It was the idea of making each dress as individual as possible that led to Isabel's interest in dyeing cloth. Starting with plain white cotton, which is Fairtrade or hand-woven in the workers' own homes in India, she colours some dresses whole - including the blue one on her work table, which was dipped into the big tub of woad, hem first, so that the shade faded to white at the top. For other designs, she dyes the fabric first, creating either plain hues, which she decorates with contrasting braids and embroidered

or block-printed collars, or experimenting with different patterns, such as the rippled stripe she has achieved by ruching the cloth into stitched folds before dyeing, and unpicking the threads afterwards. She enjoys the magic of watching material turn blue as it emerges from sludgy brown woad leaves and makes contact with the air. "I also like working with this plant because it has a strong tradition in the British textile trade," she says.

In the bathroom adjoining her studio, the ceiling airer is hung with bunches of marigolds, the petals of which she will store in jars for a range of yellow-golds, while she uses madder roots for an orangey ➤

THIS PAGE Isabel's home studio is orderly and organised – each garment is made to order and intended to last. She doesn't always sketch a design first, but experiments with colour and the fabric to get inspiration

CHESNEY'S



Luxury fired by design

chesneys.co.uk

LONDON | NEW YORK | SHANGHAI

Chesney's has fireplace and stove dealers throughout the UK

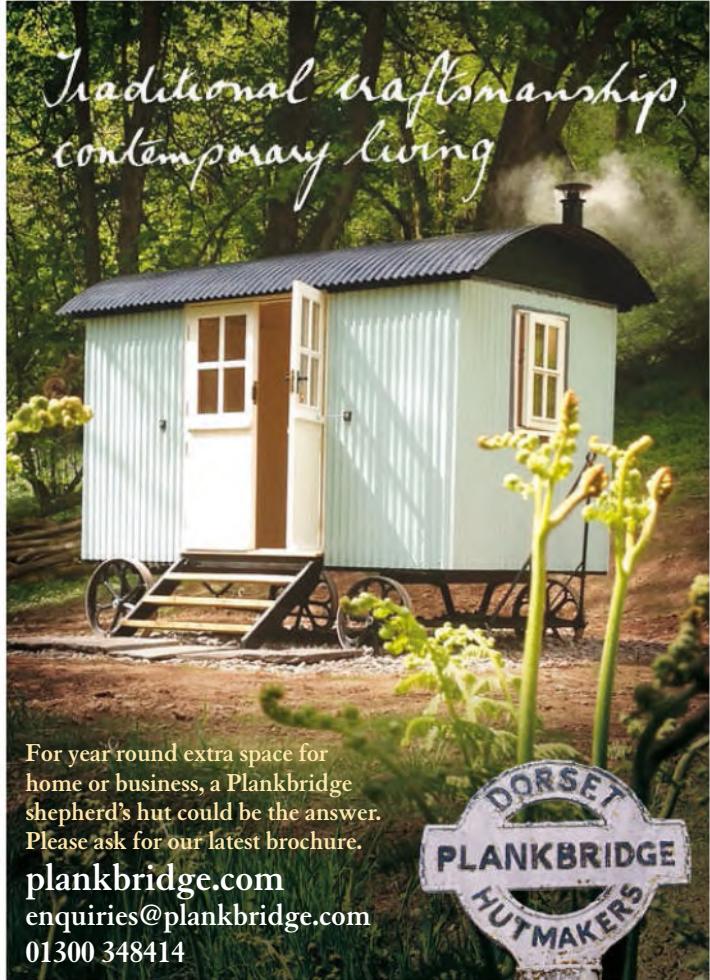


Wrought Iron and Brass Bed Co.
Hand Made in England

A family company, where all our beds are hand made, and come with a lifetime guarantee.

01485 542516

www.wroughtironandbrassbed.co.uk



For year round extra space for home or business, a Plankbridge shepherd's hut could be the answer. Please ask for our latest brochure.
plankbridge.com
enquiries@plankbridge.com
01300 348414



red. Using natural dyes means Isabel can't guarantee that what you buy will match the images on her website: "The most satisfying thing about the process is that you never know quite what you'll end up with." However, each dress is an original, hand-finished from the bias-bound seams to the Isabel Knowles label. She has repeat buyers as far apart as Scotland and New York – "I update customers at different stages, and tell them when their order is on its way" – and the personal contact extends to offering a repair service: "No one has taken me up on that yet, but if they send something back, I'll happily mend it for them. I want my garments to be worn for years."

Her belief that clothes shouldn't be disposable means she focuses on timeless collections rather than trends. One range has dresses named after PG Wodehouse characters – she listens to the audiobooks while she works. Another, called Quite Contrary, conjures up wild flowers and nursery rhymes. Her latest line, designed in collaboration with London artist and printmaker Jo Waterhouse, is folk-inspired (hence the Frida Kahlo postcards and images of embroidered skirt hems on her pinboard).

Back in the studio, Isabel has just finished stitching a braid edging onto the collar of the blue-dipped dress and added her label just above the zip. She enjoys the way these details vary the pace of her work: "I can end up sewing late into the night if there's nothing to stop me." Once an order is complete, she hand-writes the invoice and a thank-you letter, wraps the garment in tissue paper tied with an Isabel Knowles swing tag, and decorates the padded envelope with a floral panel before taking it to the village post office. Clearly, both time-honoured skills and traditional values are alive and well in the hands of this young craftswoman. ■

1 To see Isabel's designs, visit isabelknowles.com.

CL OFFER

Country Living readers can enjoy a 15 per cent discount on all orders placed by 31 July 2015 when they quote COUNTRY15 at isabelknowles.com.

The LINEN PRESS

WWW.THELINENPRESS.CO.UK



**SPECIAL
READER
OFFER**



ALL ITEMS
AVAILABLE
IN SIZES
8 to 26



Linen dress £98. Reader offer £78



Linen shift £98. Reader offer £78



Linen jacket £125. Reader offer £100



Linen top £76. Reader offer £60

**ENJOY A
FABULOUS
20% off**
FULL SUMMER COLLECTION
with code 'CAT5'
OFFER ENDS 31st AUGUST &
CANNOT BE USED IN
CONJUNCTION WITH ANY
OTHER OFFER

**Would you like free postage* for a whole year?
Email us at info@thelinenpress.co.uk & you will receive an exclusive code.**

To place your order or for a full brochure go to www.thelinenpress.co.uk

or call us between 8am and 8pm, 7 days a week.

017683 72777

*OFFER APPLIES TO UK MAINLAND ONLY
& ONLY TO MAIL ORDER SALES

READING THE LANDSCAPE *chalk*

In a quarterly series, author and natural history writer **Patrick Barkham** walks through different areas of the British countryside, celebrating their features and revealing the forces that have shaped them

ILLUSTRATIONS BY ANGELA HARDING

Enveloped in the cool, dark embrace of an old yew, chalky rubble gleaming at my feet, I found it momentarily impossible to get a sense of place, season or even temperature. Then, walking out of Little Kings Wood in Surrey, I was propelled into a spectacular summer scene, one of the most dramatic our country can offer. The wood gave way to a mosaic of pasture, small gardens unofficially divided by eruptions of stunted juniper and hawthorn, and groves of pale-trunked ash and beech. A wild meadow of marjoram, scabious and knapweed danced with chalkhill blue butterflies. The hot, dry air was scented with thyme, on a slope so steep that it disappeared from view. Although this chalk downland is quintessentially English, it felt exotic and romantic: I was transported to that scene in a flowery Italian landscape where Julian Sands kisses Helena Bonham Carter in *A Room With A View*.

Those of us who have only ever glanced at a map of the North Downs might assume that all wildlife has been lost to the sprawl of Guildford, Leatherhead and Reigate. But when I entered this secret world of holloways, ancient drove roads, yew trees and hot chalk cliffs, it was as if suburbia and London – just over the hill – were hallucinations.

No other country in the world is defined by chalk the way England is. In the Cretaceous period ('*creta*' is the Latin term for this rock) more than 60 million years ago, a tropical sea lay over what is now northern Europe. The tiny skeletons of plants that fell to its floor were compressed over millions of years to form chalk, brilliant white from calcium carbonate. In global terms, it is rare and, although such cliffs are found in Germany, Denmark and, of course, over the Channel in France, these aren't as striking as the White Cliffs

of Dover. These are our national emblem and the place where the 153-mile-long ridge of the North Downs is brought to a halt by the sea.

We may dominate our island, but chalk still shapes us. The North Downs are not spectacularly tall but their southern escarpment is steep enough to defy invaders, the plough and housing developments. Setting out from Guildford station, I noticed that the chalk immediately asserted itself over modern civilisation, cliffs rising to the east, the remains of old mines. In the 5,000 years since we began clearing the heavily wooded downs, we have also delved into them. Chalk, and the flints found within it, were used as a building material in the Middle Ages. For centuries, it was also burned in lime kilns to create lime mortar and fertiliser to spread on fields.

This rock creates an alkaline soil and so I was puzzled as I climbed St Martha's Hill out of the Wey Valley. The woods were birch and Scots pine; beneath them grew gorse and bracken – signs of acidic ground. At the top of the 175m hill, with no vehicular access, stood St Martha's Church, one of the most scenic places of worship in the country. The view was almost aerial, revealing green folds of English countryside disappearing into the haze. There are Bronze Age ditches on St Martha's, the name of which may be a corruption of martyr. It is thought that pagans burned the Christians who worshipped here before the Norman church was built. Victorians restored the church after a huge accidental explosion in a gunpowder works on the south side of the hill and they may have invented the idea that the North Downs was a pilgrims' way for worshippers travelling between Winchester and Canterbury. Whatever the truth of this, people have used the ridge as a routeway for millennia, farmers driving animals to market along ancient drove roads.

The riddle of the acidic plants was solved when the North

A whole host of birds, including thrushes, can be seen while tramping the North Downs Way. Known for their song, they often lay a second clutch of pale-blue speckled eggs in their cup-shaped nests in summer





Downs Way ducked off St Martha's Hill and climbed another ridge to the north. Although often mistaken for part of the chalk ridge, St Martha's was actually a separate one composed of greensand, and so supported completely different flora. Gradually, the scene changed from plantations to steep chalk meadows. This kind of grassland was created when our ancestors cleared the woods and grazed livestock on the downs. Because the soil is thin and dry, lush grass cannot establish itself and strangle out the flora. A square metre can easily contain 50 species: primroses in spring, followed by bee and pyramidal orchids, and then the midsummer blooms of rockrose, marjoram, thyme, knapweed and scabious.

This diversity, and the heat of the south-facing slope, is relished by invertebrates from ants to bumblebees. Most visible are the butterflies. If early August is sunny, the chalkhill blue can emerge by the thousand. There are brilliant electric-hued Adonis blues,

clouded yellows and brown argus. These downs are also a stronghold for the rare silver-spotted skipper, which requires higher temperatures (in excess of 21°C) than any other British butterfly simply to fly. Put your hand close to the soil and you will feel a Mediterranean microclimate between sheltered tussocks of grass.

These vertiginous gardens are glorious but are only maintained through a big conservation effort: plenty of scrub clearance and traditional grazing. The small farms of old have disappeared and most paddocks are filled with horses, which are lovely but graze grass too closely to the ground for many kinds of flowers and butterflies. Only one per cent of the Surrey Hills remains 'unimproved' chalk grassland. Meadows that are fertilised and 'improved' lose their wild flowers.

I was momentarily blinded by the gloom when I left the dazzling slopes and passed under an immense yew, and yet these trees, ➡

Geberit AquaClean
The WC that cleans you with water.

■ GEBERIT

Natural fresh- ness

Experience a completely new feeling of freshness and cleanliness with Geberit AquaClean: the shower toilet that cleans you at the touch of a button with a jet of warm water. For better hygiene and greater well-being.

→ www.geberit-aquaclean.co.uk or 0800 032 9629

I  Water®

which thrive on the chalk where oaks and others struggle, possessed a magic of their own. This old specimen's trunk and main branches were entwined, tight together heading upwards, like a fistful of flower stalks. Its pinkish trunk, patchy bark flaking like a eucalyptus, was both immovable and sinuous, as if a limb might stretch out and somehow grab me.

Reluctantly, I abandoned the cool shade and took the public footpath through Denbies vineyard, England's biggest – the North Downs has similar geology and soil to the Champagne region of France. Having spent the day walking barely 20 miles from central London, I'd hardly seen a soul for long stretches and had been disturbed by only the occasional groan of a plane heaving into Gatwick or the toot-toot of the branch-line train approaching a level-crossing. I was the only passenger to clamber onto the train at Westhumble station and an hour later I was bemusedly walking down an escalator at Victoria Station. Chalk truly is time travel. 



P. Harding



ON THE TRAIL

Enjoy Patrick's route along the North Downs Way

Length: 15 miles, which takes approximately eight hours

STARTING POINT

Guildford railway station

REFERENCES

OS Explorer 145, Guildford & Farnham;
OS Explorer 146, Dorking, Box Hill & Reigate; nationaltrail.co.uk/north-downs-way; nationaltrust.org.uk/box-hill; denbies.co.uk; stmarthaschurch.org.uk/history

I walked almost 15 miles east along the North Downs Way from Guildford station to Westhumble's in a day, but it is fairly strenuous. While St Martha's Hill is a highlight, parts of the first eight miles are through coniferous plantations. You can avoid this by starting at Gomshall station and walking to Westhumble. This seven-mile stretch is one of the best on the Downs. Much of the chalk grassland, such as Blatchford Down, is protected by the National Trust. On the southerly side, there are spectacular vistas over the rolling, wooded Weald – particularly at Ranmore Common, with the spire of Dorking in the foreground. If you have energy left when the path runs through Denbies vineyard, you can cross the River Mole via stepping stones and climb Box Hill, named after its wild box trees and famed as a place for picnics since Jane Austen's day. It is worth straying off the path to enjoy the tranquillity, flowers and butterflies. There are refreshments at Newlands Corner, Box Hill and Westhumble station.



WESLEY-BARRELL



120 years of sofa excellence
A Summer Sale to celebrate

The finest British, handcrafted sofas, now up to 30% off

Showrooms: **Bristol** 0117 923 8915 **Cambridge** 01223 460377 **Cheltenham** 01242 512087 **Chester** 01244 343438
Guildford 01483 537717 **NEW Harrogate** 01423 531073 **Leamington Spa** 01926 334506 **London W1** 020 7629 2019
Manchester 0161 834 7466 **Marlow** 01628 481114 **St Albans** 01727 845828 **Tunbridge Wells** 01892 536286 **Witney** 01993 776682

All showrooms open Sundays during the Sale.

Visit our website: www.wesley-barrell.co.uk For our brochure call 01993 893130



COUNTRY LIVING

A TASTE OF THE GOOD LIFE

In our practical series, Bella Ivins invites us onto the Sussex plot she shares with husband Nick and daughters Peggy and Flora to reveal their tips for growing your own food, raising livestock and making the most of fresh produce in simple recipes

This month: keeping sheep

INTERVIEW BY RUTH CHANDLER • PHOTOGRAPHS BY ANDREW MONTGOMERY • RECIPE BY ALISON WALKER



HOW-TO VIDEOS
WATCH OUR PRACTICAL VIDEOS
AT COUNTRYLIVING.CO.UK/WALNUTS-FARM

----- YOU WILL NEED -----

**(CLOCKWISE FROM TOP LEFT)****BOTTLES AND RACK**

Orphan newborn lambs require formula milk four times a day. This holder enables you to feed up to four simultaneously.

DAGGING SHEARS

This tool removes 'daglocks' – dung-caked pieces of fleece around lambs' hindquarters – which, if left, can lead to ailments, including flystrike.

CREEP FEED

Once they are around 35 days

old, lambs can be weaned from milk and fed pellets, which supplement their grass-based diet. Available in 'starter' and 'finisher' forms (for earlier and later stages, respectively).

HURDLES AND PINS

Use panels and fixings to create a square fold for the young animals. This can be moved easily onto fresh pasture once a patch of grass has been grazed sufficiently.

HOOF TRIMMERS

Regularly checking your sheep's feet and maintaining them with this tool will help prevent lameness in your flock.

FOOT SPRAY

Antibacterial formulations such as Foot Master cleanse the area and, along with iodine, help prevent infection.

ROPE HALTER

Use this simple harness when moving lambs. It is also essential if you intend to show

sheep, so familiarising them with it while young will make leading them easier later on.

ANTI-PEST SOLUTIONS

Crovect and similar medicated treatments are available to control ticks, flies and biting lice on lambs and sheep via an applicator.

TAGS

Lambs and sheep must be identified with your County Parish Holding number and your flock mark. ➔



WE TAKE ON 'ORPHAN' – or 'sock' lambs, as they are known here in Sussex – each spring when they're just a few days old. Having only two teats, ewes cannot feed triplets when they occasionally occur (twins are more common), so once the farmer is confident that they will survive, he separates the weakest lamb, which is then available to smallholders. Originally, we were put off having a small flock of sheep, as we had heard it would take up too much time and work – but this way, as it doesn't involve breeding, you have them when the weather's mostly fair and don't need to shear them, so it's easier. It's the third time we've followed this method, which perfectly fits our approach to the good life: minimising the work over winter by raising animals for meat during spring and summer only.

Our rack holds four bottles, so that's how many lambs we have at a time. This year, they are a Romney and Suffolk cross. At first, the young animals require frequent care. They start off on a bed of straw in the open-fronted airy potting shed in our kitchen garden where they are kept safe from predators, including our dogs. On warm days, we put them out onto grass in a square of wooden hurdles but shut them up again at night until they are large enough to defend themselves from foxes. Having the fold means that we can move them daily around the front meadow and garden so they ↗



CHECKING SHEEP FOR HEALTH

Carry out a daily assessment, called 'lookering', taking time to observe your flock and investigate any anomalies. On a monthly basis, lambs need weighing, a foot examination and 'dagging', in which any soiled areas of fleece on hindquarters are removed to help prevent infestations such as flystrike (a condition that results from flies laying eggs in the area, leading to maggots). An application of a product such as Crovect (while wearing protective equipment) along the back and legs of the lamb will repel insects, and can also be used to treat already affected areas. Sprays for hooves help to avoid scald, an infection that can lead to lameness. These measures, coupled with keeping livestock in drier seasons, should result in a healthy flock.



GETTING STARTED IN SHEEPKEEPING

Begin by raising orphan lambs, which can be fattened for slaughter in autumn, and you'll discover that the husbandry of these animals isn't complicated

Contact a local farmer Find out where your nearest flock is well before lambing commences. Depending on your location and the individual farm, this could be as early as January or as late as April. Register your interest with the owner, so they can alert you when animals become available. If there are several such holdings in your area, it is wise to research the breeds being raised on each – there are thought to be more types of sheep in the UK than in any other country in the world – so you can opt for one that suits your needs. The

farmer may be willing to transport them to you, but you should check that you don't need to buy your own trailer for the purpose (you will also require one for the journey to the abattoir in the autumn).

Do the paperwork In order to keep sheep (and pigs), you first must have a County Parish Holding number, which is issued by the Rural Payments Agency (0345 603 7777; gov.uk). You and the farmer from whom you purchase the livestock need to fill in movement licence forms through the Animal Reporting

and Movement Service (arams.co.uk). When you collect them, each lamb should have a tag in one ear bearing the flock number and individual identification details.

Provide suitable housing for your flock Initially, it's necessary to identify a place in an airy open outbuilding or shed in which to keep lambs warm and dry with plenty of straw. Purchasing a heat lamp will also mean you can care for any weak or sick ones (in isolation).

Create a pen This non-permanent structure means you can easily relocate your

flock to lush and healthy grass once it has grazed an area. It is also an efficient way to keep lambs contained if you don't have a fence. As well as wooden hurdles (shown), those made of lightweight aluminium and woven hazel are suitable and can be bought from an agricultural supply company.

Buy halters These are made from either leather (with buckles) or woven rope (the latter tend to be less fiddly to secure) and allow children to take them along paths under a degree of control as well as leading them between sites.



have plenty of fresh grazing available. Elsewhere on our land, we use wire stock fence and three strands of electric fence wire to keep them in.

The routine is fairly intense for the first few weeks when lambs need to be given formula milk every few hours – but after that it eases off. We often collect them during the Easter holidays when Peggy and Flora are charged with daytime bottle-feeding duties. For some reason they are less keen on the early morning and evening sessions, but have been known to join us in their pyjamas! Their friends – and the parents of their friends – inevitably end up participating, too, drawn to the universally appealing small creatures. After a few days, we begin giving them solid food and, at around five weeks old, wean them off milk entirely when we are sure they are each eating enough pellets and drinking plenty of water.

During the bottle-feeding period, the lambs become very tame and will call to us for more milk when we're out and about on the plot. Their high-pitched bleats carry a surprisingly long way. We encourage this, as they mature, with a bucket of creep so they follow us between areas of pasture – and, eventually, into the trailer – without any persuasion (or the help of a dog) and unnecessary stress. Running them back and forth along stony paths also hardens their

feet, helping to minimise health problems. A neighbour tells me that his escaped 80-strong flock was once found on the road by the police and happily followed the blue flashing lights all the way home. If there are a few tame ones, they lead the rest, which comes in handy!

Keeping sheep is a very rewarding pastime. The animals' ability to convert something as simple as grass into deliciously sweet and tender meat is remarkable. Their grazing is methodical and quiet, and I particularly enjoy watching ours in September when we move them onto the meadow at the front of the house – doing this means we needn't scythe and rake it off, plus they take out any grasses that compete with the wild flowers and therefore increase the flora.

At this stage, it's not long before they go off to the abattoir, so it's also a rather good end to their lives. The cuts, which we enjoy, include boned shoulder, legs, rack, shank, chops (Barnsley, chump and loin), mince, kidneys and a stewing pack, prepared by our butcher, and are kept in a dedicated freezer (alongside the one we reserve for our home-grown pork). They will feed our family of four for a year in all manner of hearty meals, from comforting lasagnes to succulent roasts. ➤

Next month: the kitchen garden harvest

WHAT TO DO IN THE KITCHEN GARDEN THIS MONTH

- Sow successional crops of salads, winter lettuces and spring cabbage
- Hoe the top few inches of soil with a cultivator to prevent weeds taking hold
- Pick beans, tomatoes, sweetcorn and crystal lemon cucumbers
- Lift onions and garlic



Missed 'Keeping bees' in our July issue? Download it at countryliving.co.uk.

M&S

EST. 1884

The official partner
of the World's Biggest
Coffee Morning



Get together for a great cause

Share a slice of something nice at home or at work
on **Friday 25 September** and raise some
money to help people facing cancer. Get your
fabulous free Macmillan Coffee Morning Kit.

Text **NICE6** to **70550**
or visit macmillan.org.uk/coffee

FREE CAKE
STENCIL



WE ARE
MACMILLAN.
CANCER SUPPORT



Texts cost standard network rate. Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).

SMALLHOLDING



LOOKING AFTER SHEEP

You only need a few pieces of equipment, foodstuffs and techniques to raise a flock

- **Source milk and feed** Specialist formulas, such as Lamlac, a high-protein, high-fat kind that has added vitamins and trace elements, are created to emulate ewes' milk as closely as possible. Until they are 35 days old, lambs require one litre every 24 hours in three or four portions dispensed in sterilised bottles, bought from an agricultural store. Begin giving them creep feed when they're a week old. Increase the quantities according to the merchant's guidance. By the time of weaning at five weeks (done immediately rather than gradually), they should be eating 250g per day and drinking water. When ready for dispatch, the amount will have risen to 1.5kg.
- **Provide a constant supply of water** As they grow older, lambs easily overturn containers. To prevent this occurring and ensure they're hydrated, fix a galvanised ring to an inner corner of fencing to hold the bucket securely.
- **Learn how to handle your flock** In order to make examinations easier, it is wise to master the art of 'flipping' a sheep onto its rump. There are courses on which you are taught handling and can practise the method (see assingtonmill.com, plumpton.ac.uk and southyefarm.co.uk). Essentially, you gently but firmly place your hand beneath the animal's jaw and turn its head towards its shoulder until it becomes unbalanced, then shift its weight onto its hindquarters against your legs. In this position, it is docile and will allow you to examine its feet.
- **Trim hooves** Once you've turned a sheep (as above), it is possible to cut away excess growth from the heel to the toe with a specialist tool. Remove only a little at a time to ensure you do not harm the animal. Along with foot maintenance, check for ailments (see previous page).
- **Assess when your lambs are ready to dispatch** Having been fed the correct quantities, this should be at around six months. However, an examination can indicate if you should keep them longer. This judgement of fitness and the proportion of fat to meat is called condition scoring. It involves handling the animal over and around the backbone in the loin area, tail root (also known as dock) and behind the last rib. As a beginner, it is hard to know what you are feeling for – especially through fleece. Consider asking for assistance from an experienced sheep-keeper, such as the breeder you bought your flock from. ➔



SOLID. ICONIC. INDIVIDUAL. CLASSIC BRITISH DESIGN



(THE AUSTIN HEALEY'S NOT BAD EITHER!)

The perfect place to potter and relax, surrounded by the beautiful look, feel and smell of real wood. A bespoke garage from Oakwrights Country Buildings will give you an immense sense of satisfaction. Mixing classic construction methods with modern design techniques and the most up-to-date cutting facility, we create individual oak framed garages, garden rooms, barns and stables, meticulously finished to the highest standards and expectations. If you are looking for a unique home for a unique car, that will stand the test of time, a bespoke garage from Oakwrights Country Buildings will soon become another of your prized possessions.



T.J. Crump Oakwrights Ltd. The Lakes, Swainshill, Hereford HR4 7PU
01432 353353 enquiries@oakwrights.co.uk www.countrybuildings.co.uk

GET OUT IN THE COUNTRY



CATCH US SOON AT...



31 July - 2 August



11 - 13 September



HOW TO... COOK DEVILLED KIDNEYS

Lambs' kidneys make a cheap yet satisfying supper dish and are very simple to prepare. Kidneys do deteriorate quickly, however, so make sure they are as fresh as possible and, if you buy them, cook within a day of purchase.

Preparation 20 minutes
Cooking 20 minutes **Serves** 4

12 lambs' kidneys
25g plain flour
large pinch of cayenne pepper
25g butter
1 medium onion, finely chopped
1 celery stick, finely chopped
225g chestnut mushrooms, sliced
300ml dry white wine
1 tsp Dijon mustard
150ml crème fraîche
squeeze of lemon juice (optional)
freshly chopped parsley, to garnish

- 1 Cut the kidneys in half horizontally, then cut out the core. Put the flour on a plate and season with the cayenne pepper, salt and black pepper. Dust the kidneys with the flour, shaking off the excess.
- 2 Melt the butter in a large frying pan set over a medium heat. When it stops foaming, add the kidneys, onion, celery and mushrooms, and cook for 10 minutes until tender.
- 3 Stir in the leftover flour and cook for 1 minute. Gradually pour in the wine, stirring, to make a sauce. Add the mustard, and season with salt and black pepper. Simmer for 5 minutes, stir in the crème fraîche and bubble gently to heat through. Check the seasoning and add a squeeze of lemon juice if you like. Serve on toast for a light supper or with rice and vegetables for a more substantial meal. 

 *Next month: pickled pears*



HOW-TO VIDEOS
WATCH INSPIRING COOKERY
DEMONSTRATIONS AT
COUNTRYLIVING.CO.UK/WALNUTS-FARM



THE FINEST OAK FRAMED BUILDINGS
MADE IN ENGLAND



01384 296611 | email: info@primeoak.co.uk | www.primeoak.co.uk

GARAGES | GARDEN ROOMS | ORANGERIES | HOME OFFICES | CONSERVATORIES | BARNs | STABLES

FREE SITE SURVEY NATIONWIDE
50 YEAR ACCOYA WARRANTY

MONTPELIER

GARDEN ROOMS • ORANGERIES • WINDOWS • BI-FOLDS

Garden Rooms, Orangeries, Windows & Bi-Folds

Call: 01384 279933 - Email: info@montpelierjoinery.com - Visit: www.montpelierjoinery.com

From the makers of



When an idea **BEARS** **FRUIT**

Since inheriting a Welsh fruit farm, four siblings have transformed it into a growing success, creating a modern PYO where visitors can enjoy a true taste of the countryside

WORDS BY CAROLINE WHEATER

PHOTOGRAPHS BY RACHEL WARNE



In a warm summer's morning in the Vale of Glamorgan, south Wales, Hendrewennol Fruit Garden is coming to life. The owners of the PYO farm – siblings Tricia, Charles, Gerald and Toby Keen – bustle about in cherry-red polo shirts, welcoming visitors. Already in the main strawberry and raspberry field, clusters of adults and children fill up punnets with fruits in the sunshine. In another field, more pickers roam among the currants, tayberries, rhubarb and gooseberries, their fingers – and often faces, in the case of the young ones – stained with juice. Once satisfied with their haul, they amble back to Hendrewennol's newly built Fruit Barn café and farm shop for refreshment: barista coffee and homemade cake, a fruit smoothie or an ice cream swirled with fruit compote. As parents relax, their offspring head to the play area – filled with hay bales, a willow arbour, a log maze and a giant sandpit. There's a pay-to-enter maize maze, too, to counter any excess energy.

In the three years since the Keens inherited the Fruit Garden in 2012, they have transformed its fortunes, turning it into one of the Vale of Glamorgan's top tourist attractions. "Hendrewennol's season used to be ten weeks in the summer and it was reliant on an ageing and dwindling customer base," says older brother and financial whizz Charles. "Now, we're open for eight months, with events running from St David's Day in March to Halloween in October – we welcomed more than 40,000 people through the gates last year."

It was a sad turn of events, however, that led to the fruit farm becoming what it is today. The siblings lost both parents, Tom and Peta, who previously owned it, within a year of each other. Tricia, who oversees staffing and the shop, remembers the challenge of deciding what to do with their parents' livelihood. "Friends, accountants, lawyers – everyone – told us not to be sentimental about it and to sell up. It was very small scale and unprofitable – we thought 'pick your own' had had its day. But although our careers and lives had developed away from south

THIS PAGE Set in the Welsh countryside, Hendrewennol is a beautiful place to pick punnets of fresh berries. The Keen family – Toby, Gerald, Charles and Tricia – run it with the help of Richard Arnold (far left) and Scott Lewis (second right)

RURAL BUSINESS



THIS PAGE
The farm also produces PYO vegetables, including runner beans and tomatoes, along with homemade jams and fresh fruit vinegars to buy in the shop, while ice creams and smoothies are available in the café



Wales, we all loved the farm and it was our family hub. We realised very quickly that we wanted to keep it, and to do that we would need to diversify."

From its earliest days, 11-acre Hendrewennol, which is Welsh for 'home of the swallows' (the birds flit around from May to September), was a pioneer in PYO. Tom and Peta Keen bought the house and land in the 1960s and growing soft fruit began as Peta's hobby – she planted out three rows of strawberries to make a bit of extra income. But when Tom left the family steel firm in the mid-1970s, they decided to turn the hobby into a business. "My father had seen PYO fruit farms in the West Midlands but no one was doing it in south Wales, which is traditionally dairy and arable. It was a big learning curve and local farmers thought they were crazy," Charles says.

Richard Arnold first worked on the farm as an 18-year-old, between 1985-88, and has been involved with Hendrewennol on and off ever since. Having built his own career in fruit marketing and processing, he now also maintains the farm's popular Facebook page, posting pithy responses to visitors' frequent enquiries about what is ready to harvest. "When I first started here, customers would pick four or five baskets of fruit each," he recalls. "Now, they fill a couple of punnets and want activities for the children."

Charles knew that, for Hendrewennol to survive, it needed a big injection of energy, ideas and money to make it viable again. "Fruit picking alone was no longer enough to draw in customers," he explains. The business's location is ideal: around 66 per cent of people in Wales live in the M4 corridor

between Newport and Swansea, so are within an hour of the farm, and both Cardiff and Swansea are growth cities with large numbers of young families.

After a New Year's discussion in 2012, momentum gathered pace and the siblings started developing the fruit garden while continuing with their day jobs. Charles and Gerald drew up a five-year plan for the business and negotiated a bank loan to help build the Fruit Barn café-cum-farm shop, cloakrooms and tractor sheds. They also applied for a £40,000 grant from Creative Rural Communities, a regeneration initiative part-funded by the Welsh Government. "We've become their best-performing applicant," Charles says, with a hint of surprise.

Together, the Keen brothers learned about the latest ways to farm soft fruit, and how to create a 'destination' day out, establishing links with PYO farms in Sussex and Oxfordshire, and forging relationships with growers in Scotland to learn about the technical issues. With Scott Lewis, Hendrewennol's farm manager and mainstay, at the helm, the family undertook a mass replanting and introduced an irrigation system to ensure a heavy crop.

The family furnished the Fruit Barn in an informal style with wood cladding, big sofas and recycled wood tables and shelves. It is also home to the farm shop, which today is stocked with local products and own-brand produce, such as luxury white and milk chocolate bars and granola sweetened with dried Hendrewennol fruits, elegant bottles of Hendrewennol strawberry and raspberry vinegars brewed ↗



J Julius Bahn
OAK BUILDINGS



Garden rooms • Orangeries
Garages • Conservatories

Made in England

03444 171 400
sales@juliusbahn.co.uk
www.juliusbahn.co.uk

Call for our latest Brochure



RAFT

Our sofas are handmade
in London by us.

Our Teak is 100% reclaimed.



www.raftfurniture.co.uk



#Raftfurniture

RURAL BUSINESS

by Tricia, honey from the Fruit Garden's ten hives and an array of cordials, jams and chutneys made to Keen family recipes and using produce grown on the farm.

Toby, Gerald and Richard also mastermind the special events, which have been crucial in raising Hendrewennol's profile. Chief among them are Open Farm Sunday in early June and a special weekend Strawberry Festival later that month. Last summer, more than 4,000 people came, lured by the beer tent, wood-fired pizzas and bowls of strawberries and cream.

The Keens are delighted with how things have gone so far, and feel their parents would heartily approve. It's a place they clearly love and are happy to share. As Tricia puts it, "One of the joys of running the Fruit Garden is to see families having happy times, each person leaving with a smile on their face."

Hendrewennol Fruit Garden, Bonvilston, Cowbridge, Vale of Glamorgan (01446 781670; hendrewennol.com).

FOUR MORE PICK-YOUR-OWNS WITH A DIFFERENCE

SHARNFOLD FARM

& SHOP

Stone Cross, Eastbourne,

East Sussex

(01323 768490;

sharnfoldfarm.co.uk).

Offers local high-quality food and fun ideas for the family, with a trail, a play area and scheduled events in the summer holidays.

MILLETS FARM

CENTRE

Frilford, Abingdon, Oxfordshire

(01865 391555; milletsfarmcentre.com).

Shop, restaurants, garden centre, falconry centre, crafts and play area.

TULLEYS FARM

Turners Hill, Crawley,

West Sussex (01342

715365; tulleysfarm.com).

Farm shop,

tea room, play area, maize maze and animal corner. PYO includes sunflowers in August.

ALDER CARR FARM

Creeting St Mary,

Ipswich, Suffolk

(01449 720820;

aldercarrfarm.co.uk).

Farm shop, deli, barn café, craft shop, play area, farm animals and nature trail.





SUMMER SALE NOW ON

*Our uncompromising commitment to craftsmanship provides unparalleled quality.
Our classic designs offer timeless appeal that simply cannot be equalled.*

*Request a brochure, visit one of our Showrooms or book an appointment
for one of our Designers to visit you.*

www.chalon.com | +44 (0)800 160 1978

Showrooms at: Bristol, Harrogate, London and St Albans.

CHALON

EST. 1978



SPIRIT *of* THE BEEHIVE

A traditional straw skep hive, woven from dried straw in a domed, beehive shape, sits nestled in a dry-stacked stone wall. The wall is made of large, irregular stones, some of which are partially obscured by green ivy and other foliage at the base. The lighting suggests a bright, sunny day, casting soft shadows on the wall and the surrounding greenery.

The rare craft of skepmaking – creating traditional, domed straw hives – enables bees to produce a golden honey with a flavour like no other. Just one reason why devotee Diana Robertson is helping to keep this ancient skill alive

WORDS BY KATE LANGRISH
PHOTOGRAPHS BY CRISTIAN BARNETT



We

ith a list of equipment that includes a turkey leg bone, cow horn and sheaves of straw, you'd be forgiven for thinking that Diana Robertson is about to commit an act of sorcery. In fact, these are the key tools of her craft – skepmaking – which is a truly spellbinding discipline.

Skeps are the traditional straw beehives you see in grainy black-and-white photos of rural days gone by. Their beautiful, domed, woven shapes are inextricably linked with the countryside and beekeeping, but are now used far less than modern designs. However, Diana is a firm believer in their practicality and weaves them by hand in her farm cottage in Somerset. Today, she is working on a table outside her house in the shade, having soaked the straw in a feed trough for 30 minutes. “The first step is making a ‘knot’ with 25 stalks of straw coiled round on themselves and secured with six stitches of lapping cane,” she explains, as she concentrates on keeping a firm grip. “It’s the hardest part, as you need to ensure it’s really tight or the bees will get through the gaps – I always feel as if I need three hands!” she says. “The final test of a good skep is to stand on it – it should be strong enough to hold your weight. Judges still do this at local honey shows.”

Diana became interested in the art of making skeps 17 years ago. “After I began keeping bees, I realised I needed something in which to catch swarms. I’d heard about skeps but couldn’t find one for sale,

THIS PAGE Diana’s deft hands make the process look easy: she threads on a section of cow horn to act as a guide and ensure the

coil stays uniform and tight, and then uses a hollow, chamfered turkey bone to prize apart the straw before binding



so I bought a book by the great skeppist Fred Alston and taught myself. My first effort was a very strange shape but I gradually got better."

There was once a skeppist in every village. Beekeepers would select a few strong colonies to keep over winter, but plunder the honey from those remaining – which usually meant destroying the bees. In 1852, the American Lorenzo Langstroth achieved a breakthrough in beekeeping when he invented a moveable frame hive. This made it simpler to extract the honey. Its ease of use, and the fact it was possible to inspect the bees for signs of disease and swarming, meant this type of hive soon took over from traditional skeps.

At first, Diana used hers to collect swarms, before placing them in National hives, of which she has around six at this time of year in her orchard, now laden with fruit – medlars, apples, quinces, plums and damsons – pollinated by her bees earlier in the year. "The bees would do really well in the skep but then became weaker when I transferred them," she says. And these traditional designs do not need to be destroyed for a honey harvest – instead, Diana places an empty skep over the occupied one to 'rehive' them. Last year, she even successfully over-wintered some bees inside a skep. "I made a hackle, which is a straw thatch roof that sits on top of the structure like a pointy hat. It stops the rain and wind getting in. I was worried they would be cold, but when I checked, they were warm and dry."

It is unclear exactly why, but the bees, it seems, love their traditional dwellings. Perhaps it's the wonderful rounded shape that mimics their natural home of tree hollows. Or maybe it's the fact they can build loops of natural comb – some in perfectly straight lines across the 40cm-diameter of the skep, others incorporating twists and kinks. "I suspect it's because you interfere less with them," Diana says. "By turning a skep upside down and gently moving the comb to one side, you can still check for and treat disease and see if the queen is laying eggs, but you can't carry out the thorough



THIS PAGE The bees in Diana's skeps are still inspected regularly but are disturbed less than they would be in a modern hive – she is convinced that this is why the insects love the traditional dwellings. It takes Diana anything from three days to a week to make one



inspection that you would on a National hive, as there are no frames to take out. But this also means you can't disturb the bees as much, and I think that's what they like most of all. Every time you open up a hive, you set it back a little." Such is Diana's faith in skeps that she's even had a bee bole – a wall with a recess in which to place one, as found in the Lost Gardens of Heligan in Cornwall – built in the apiary, which provides good protection from the weather.

It takes Diana anything from three days to a week to make a skep, depending on the size. "It's a hobby rather than a business. I do make some for friends but mostly just what I need. Even then, I sometimes can't keep up with the bees! Last summer, I ran out of mini skeps, which the bees kept filling, so in the end I just put an upturned glass jar on top and they packed that with comb and

honey, too. All I needed to do was put the lid on and pop it in the larder!" Diana gives demonstrations at shows, such as the Royal Bath & West, and runs a workshop for her local bee division once a year, which are both popular, but she has another trick for spreading the word about skeps: bewitching the tastebuds. "I think honey has a better flavour straight out of the skep. In the old days, you'd buy these little ones full of honey at markets for a shilling each," says Diana, who has taken them along to a local church strawberry tea. "I had to explain that you eat the comb, too, which contains all the bees' goodness, including pollen grains and natural enzymes. When they spread it on their scones with thick clotted cream, they all loved it." She's right; the liquid gold that gently oozes onto hot toast is like nothing you can buy in the shops. The taste of skep honey is, quite simply, magical. 



THIS PAGE

Skepmaking needs straw from wheat with longer stalks, so

Diana uses an old variety called Maris

Widgeon, which

she buys from a

local thatcher. Skeps

were traditionally

bound with

brambles but she

uses lapping cane

ON SALE
NOW!

COUNTRY LIVING MODERN RUSTIC

Create
the new
country
look

HOUSES
PRODUCTS
ARTISANS

We're delighted to announce the latest edition of our highly acclaimed *Modern Rustic* series. Inside you will find everything you need to create the contemporary country look: stylish homes, inspiring artisans and beautiful products.

Buy online for £9.99 at hearstmagazines.co.uk/cl/rustic3
or call 0844 848 1601* and quote the code JCL10109. Or purchase
your copy in selected retailers, including WH Smith

*Lines open weekdays 8am to 9.30pm; Saturdays 8am to 4pm. BT landline calls to 0844 numbers will cost no more than 5p per minute; calls made from mobiles usually cost more

VISIT THE COUNTRY LIVING PAVILIONS AT *The Land Rover Burghley Horse Trials*

Held in the beautiful parklands of Burghley House in Stamford, on the border of Cambridgeshire and Lincolnshire, this wonderful equestrian and social event is a highlight in the international sporting calendar.

Join friends and family to enjoy the atmosphere and drama of this thrilling three-day competition, where you can find something for everyone. Try the Land Rover off-road experience, browse more than 600 exhibitors and leave your purchases at Shoppers' Drop on the showground before sampling the mouthwatering delights of the Burghley Food Walk.

Country Living is delighted to offer two different pavilions again this year, both celebrating rural crafts. Overlooking the cross-country course by the Land Rover Arch, the CL Makers' Marquee highlights our support for start-up businesses with an array of new craftspeople exhibiting there. At the top of the showground, the CL Pavilion on Avenue A showcases more than 40 hand-picked exhibitors offering the best in British art, craft and design. Visit burghley-horse.co.uk for more details.



ENTER THE COUNTRY LIVING DOG & OWNER LOOKALIKE COMPETITION

This event, sponsored by natural pet food producers Laughing Dog, is a popular fixture at the show.

It will be held at 12pm on Saturday 5 September outside the CL Pavilion on Avenue A. Pick up a form at the CL or Laughing Dog stand. There is also a 'cutest puppy' category, and both winners will receive great prizes. For details, come to the CL stand or visit laughingdogfood.com.



3-6
Sept
2015

DAY	IN ADVANCE		AT THE GATE	
	CAR	PERSON	CAR	PERSON
Thursday 3 Sept	£10	£14	£12	£17
Friday 4 Sept	£10	£14	£12	£17
Saturday 5 Sept	£10	£26	£12	£28
Sunday 6 Sept	£10	£14	£12	£15
Season entry (four days)	£30	£53	-	-

Prices are per person and apply to visitors aged 15 years and above. Children aged 12 years and under (accompanied by an adult) are admitted free of charge. Booking fee and postage apply. *Offer closes at 5.30pm Friday 14 August 2015.

Free parking and admission for the driver on Thursday, worth £29 – call 01933 304744, quoting your CL subscriber number*

Escape to your own Tropical Wonderland – just add colour

Leave your stress behind with the
new **Millie Marotta** colouring book



The No. 1
bestseller

Download a sample at www.batsford.com/MillieMarotta

Share your masterpiece #MillieMarotta

MillieMarotta MillieMarotta

BATSFORD



OUT & ABOUT

Five miles from York, Breezy Knees garden and nursery specialises in hardy perennials suitable for northern plots. Extensive borders form the heart of the 14-acre garden and these are complemented by seasonal highlights in a series of differently themed areas, including Pond, Shade, Rock and Cottage. The schemes are quite regimented and everything is clearly labelled, which isn't to everyone's taste, but is useful if you're on a plant-finding expedition (breezyknees.co.uk).



FRAGRANT ADDITION

Dregea sinensis 'Wattakaka' is a beautiful deciduous climber for the warmest spot in your garden. In high summer, its hanging panicles of delicate pink and white flowers emerge from among heart-shaped leaves and exude a delicious scent, so plant it where you can appreciate the fragrance.

It's a twiner and will need supports and, in cooler areas, it is best grown in a pot and overwintered undercover. A jumbo plug plant costs £12.99 from thompson-morgan.com.

garden notes



Everything you need to know to get the most from your plot in August

WORDS BY STEPHANIE DONALDSON

of the valley. Besides which, the garden is filled with light from sunrise, encouraging me to get outside while it is still cool. I've come to understand that it's rare to find a plot with perfect orientation and there will always be a mix of advantages and disadvantages. It is just a matter of adapting to the conditions, like the plants. One of the most inspiring gardens I have ever visited was in a disused north-facing quarry – it seemed such an unpromising site, but by understanding the possibilities and limitations, the gardener had fashioned a magical woodland area. Find out what is happening in my plot at theenduringgardener.com – and, to read about true challenges, I can recommend the blog at croftgarden.wordpress.com.

THIS MONTH...

If there was one thing I could change about my garden, it would be to get more evening sun. I live on the side of a steep valley with a wooded slope above, so, even in high summer, the sun has dipped behind the trees by six o'clock and lingering outside must be saved for the warmest of nights. Initially I thought I had made a mistake when I moved here, but it didn't take long to realise that evenings in the shade are a small price to pay for shelter from the prevailing south-westerly winds that wreak havoc in plots on the other side



WHAT TO DO

In the greenhouse

Pinch out shoots on tomato plants to direct energy to fruit.
Liquid-feed greenhouse crops weekly.
Thin out bunches of indoor grapes.

In the garden

Summer-prune apples and pears.
Move containers into the shade before going on holiday.
Sow wallflower seeds.
Cut back leggy violas and pansies, and top dress with compost to encourage new growth.

On the allotment

Sow spinach for autumn picking.
If potato blight strikes, remove all foliage from infected plants and wait two weeks before harvesting. ➔



TOP OF THE CROPS

If you are partial to rhubarb, look out for this interesting new variety. 'Livingstone' isn't as dormant in winter, so it can be cropped early in the year (as long as it is warm enough to grow). There are two ways to harvest – all year round by picking stems selectively and leaving some to develop and die back, or in May and June, and again from September to November. It also has excellent flavour, crops well and is disease resistant. Buy one plant for £8.25 or three for £16.50 from pomonafruits.co.uk.

BUY WISELY

Alfresco lights

BUDGET Sarah Raven's Wax Tealight Holder Globes (pictured below, from £14.95) give a table a wonderful warm glow. They can be used with real tealights – a battery-operated version is also available (£19.95 for nine, sarahraven.com).

AFFORDABLE The battery-powered Lacy Lampshade has a shade made from coated plastic with a rope 'flex' and metal fastener for hanging it from a tree or gazebo (£25, coxandcox.co.uk).

INVESTMENT The Aluminium Candelabra is perfect for a romantic outdoor meal on a still summer night (£99, worm.co.uk).



Tip: sow parsley this month and it will germinate rapidly and supply a healthy harvest through winter

EVENT The RHS Hyde Hall Flower Show in Chelmsford, Essex, runs from 30 July to 2 August (rhs.org.uk).

Order, order

This elegant echinacea-inspired plant hook is just the thing if you need somewhere to hang your hand tools while working in the garden.

Finished in antique brass, it will also add a decorative flourish to your outside space. Available for £4.99 from crocus.co.uk.



PICK OF THE SHRUBS

Lavatera x clementii 'Barnsley'

WHY? If you want to fill a space with a fast-growing shrub that flowers over a long period, this soft-hued tree mallow fits the bill. It can increase in size rapidly, so is not ideal for a small garden.

WHERE? It performs best in full sun and will do well in light sandy or alkaline soil. Although fully hardy, in cold or exposed areas it will look its best sited against a warm wall. Cut back to 30cm from the ground in spring to prevent it getting straggly.

BEWARE It can revert to the less attractive blancmange-pink shade of its parent plant – in which case, any affected shoots should be removed.



PHOTOGRAPHS BY GETTY. ILLUSTRATIONS BY MARIANA JO

made by
**JIM
LAWRENCE**



**HERITAGE
COPPER**

THE NEW COLLECTION FROM JIM LAWRENCE

LIGHTING & HOME

Experience the full range at www.jim-lawrence.co.uk
Call: **01473 826933** Visit our **showroom**: The Ironworks, Lady Lane, Hadleigh, Suffolk IP7 6BQ

CALL
01473 826933
FOR A FREE
BROCHURE

GARDENING



STYLE

Evergreen topiary garden

SEASONS OF INTEREST

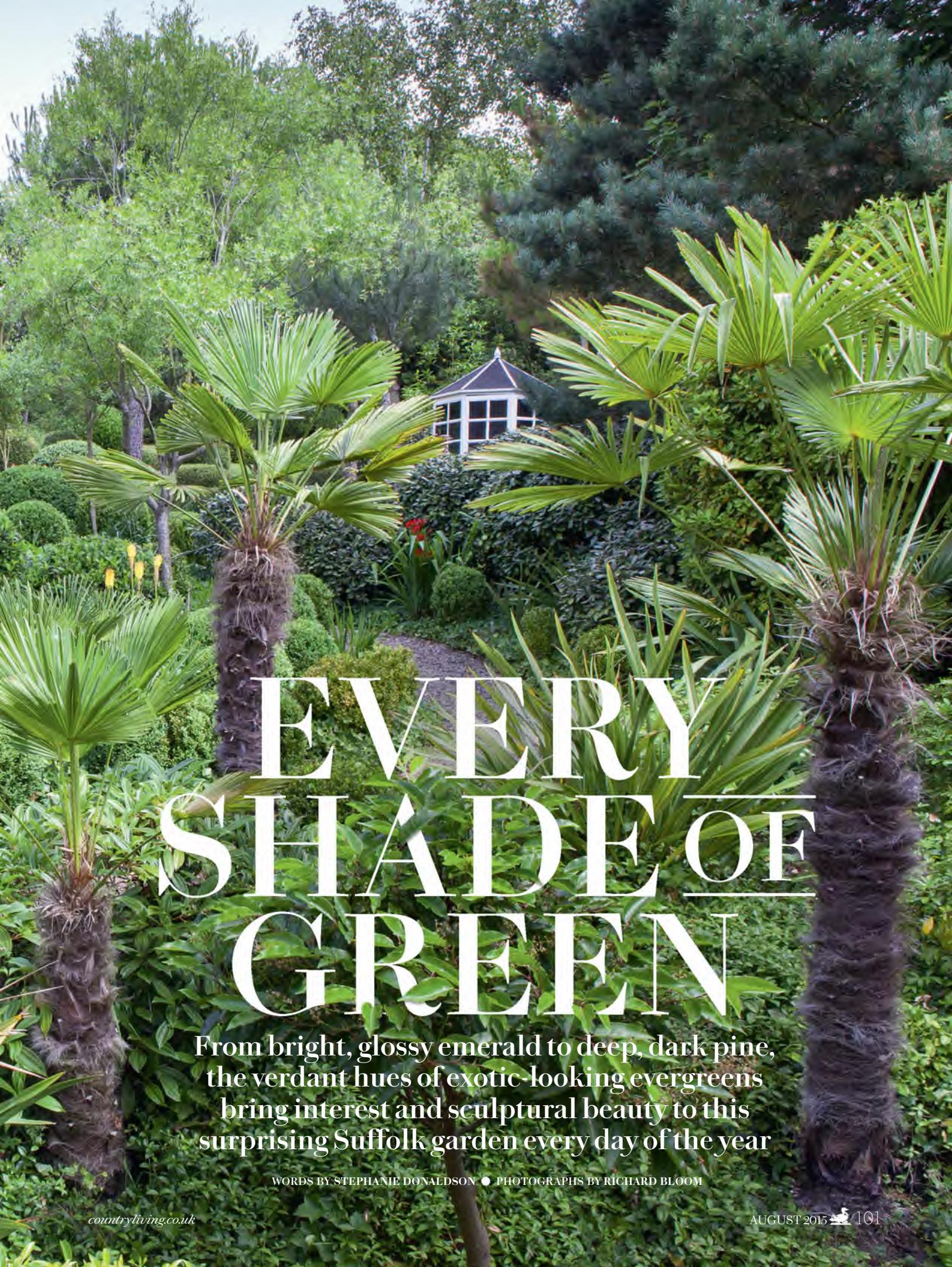
Year round

SIZE

One acre

SOIL TYPE

Slightly alkaline clay



EVERY SHADE OF GREEN

From bright, glossy emerald to deep, dark pine, the verdant hues of exotic-looking evergreens bring interest and sculptural beauty to this surprising Suffolk garden every day of the year

WORDS BY STEPHANIE DONALDSON • PHOTOGRAPHS BY RICHARD BLOOM



here's a touch of Narnia about Geoffrey and Christine Ingham's Suffolk garden. When you arrive in the village of Ousden, close to the Cambridgeshire border, all looks as it should, with thatched houses painted in limewash colours set among typical cottage gardens, bordered by fields. Turn down a track in the middle of the village, however, and you are soon in an entirely different world. True, Geoffrey and his wife do live in a 15th-century thatched cottage, but this is no cottage garden. It's probably best described as a very tidy jungle – with added topiary.

Sloping up from the house, the garden at Dip-on-the-Hill (so called because of its location) is a mass of contrasting textures and outlines in every shade of green, with just a splash of colour here and there. There are distinct layers of planting, while pines and other evergreen trees provide height and seclusion from the outside world. Beneath their canopies, multi-stemmed specimen trees (including a grove of *Phillyrea latifolia*), palms and towering bamboos emerge from an understorey of box and other neatly trimmed shrubs, with the

grass-like leaves of crocosmia, kniphofia and flax breaking up the smooth undulations of the topiary.

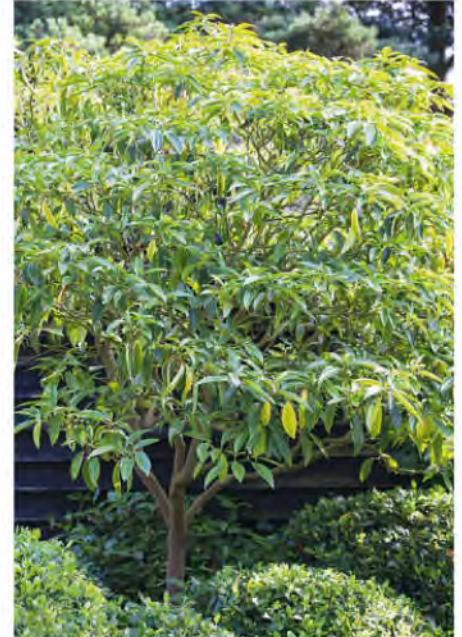
Despite the garden's exotic appearance, the majority of the plants are reliably hardy – and most could safely be described as tough as old boots. So much so that some will be familiar from supermarket car parks – spiky phormiums, colourful photinias, leathery leaved viburnums and glossy escallonia – but, when teamed with yellow-stemmed bamboos and punctuated by the fan-shaped palm leaves of *Trachycarpus wagnerianus*, all woven through with the topiary, they create a tapestry of planting that is greater than the sum of its parts. "It doesn't worry me that I've got common-or-garden plants," Geoffrey says. "They are the material I use to make the designs."

This is, it has to be said, quite a masculine garden, where control and a disciplined approach to varieties is paramount. Geoffrey admits that

Christine would like more colour, but that she is otherwise a happy collaborator. "I'm no plantsman," he admits, ☺

THIS PAGE *Osmanthus burkwoodii* **OPPOSITE**
Tropical planting includes
Viburnum cinnamomifolium
(top right), *Chusquea gigantea* and
Phyllostachys vivax f. aureocaulis bamboos
(middle row), and
Trachycarpus wagnerianus palms
(bottom middle)





HOW TO GROW BAMBOO

- Select a variety that won't outgrow the space or overwhelm its surroundings and always choose 'clump-forming' bamboos
- Install a barrier if it is a variety that spreads by sending out rhizomes underground
- Plant in well-prepared soil with plenty of added organic matter but do not enrich with fertiliser
- Leave the shed leaves to form a mulch – it will provide all the nutrition the plant needs





“but I am interested in growing things well. The limited plant selection is deliberate. I’m still attracted to certain plants but I’ve stopped succumbing – I just walk past them now.”

Some of this ‘walking past’ takes place at Architectural Plants in West Sussex, the nursery owned and run by his friend Angus White. Angus is the nurseryman who first introduced the nation’s gardeners to exotic-looking (but tough and easy) evergreen plants. It was his brochure’s description of the average British garden being “about as fascinating to look at in winter as a wet breeze block” that gave Geoffrey further encouragement to follow the evergreen path in such a wholehearted fashion. The result is a garden that looks interesting every day of the year. “Nevertheless, I suspect that Angus thinks I’ve sold out by adding touches of colour with the crocosmia and kniphofia,” he says, wryly.

This style of gardening relies largely on using the shape, texture and outline of mature or semi-mature specimens. Young plants may have their own ideas about how and where they will grow to maturity. As a result, Geoffrey has learnt a huge amount about successfully establishing specimens: “Large container ones continue to behave as if still in a pot for five to seven years after planting in the garden – it takes them a long time to put down deep roots. In dry weather, you need to water them often and they may still shed up to half of the previous year’s leaves before they start to sprout new foliage.”

There are numerous eye-catching vistas and views, but the undoubted stars of the garden are the *Trachycarpus* palms and the bamboos. *Trachycarpus wagnerianus* is a more wind-resistant and better-behaved relative of the more commonly grown *T. fortunei* with leaves that always remain stiff and upright. Here, with their hairy trunks and exuberant top knots, they stand like sentinels guarding the house. Further up the



garden, a bamboo grove of golden *Phyllostachys vivax* f. *aureocaulis* is an object lesson on placing plants to perfect effect. Against the dark leafy backdrop, the canes create a see-through screen of colour that separates the formal garden from the informal boundary planting. But be cautious before you add it to your ‘must-have’ list – this is a plant that can reach eight metres high if it is happy and has a reputation for spreading unless you confine its rhizomes within a bamboo-proof barrier.

The final essential element in Geoffrey’s creation is the light. “This is as important as the plants it illuminates,” he explains. “It creates the contrasts and intensifies some of the greens. Dusk from the top of the garden in midsummer is the best time of all.”

i *Visitors welcome by appointment from July to September (£3.50 in aid of NGS). Call 01638 500329 or email gkil000@cam.ac.uk.*

THIS PAGE,
CLOCKWISE FROM
TOP LEFT *Asplenium scolopendrium* or hart’s tongue fern; the sloping evergreen garden is a striking mix of clipped box, viburnums and phormiums, interspersed with *Maytenus boaria* trees and *Trachycarpus wagnerianus*; pretty unfurling *Matteuccia struthiopteris* or ostrich fern; shade planting with *Fatsia japonica*, ferns and bamboo

YOUR KITCHEN MADE BY US IN THE UK

We cut out the middleman meaning you save more.

WE'LL BEAT
ANY QUOTE



SHAKER GULLWING & WINTER WHITE

All these kitchen units for just▲

£7,392

LIFETIME
GUARANTEE



✓ BUY NOW, PAY LATER

*Finance options to suit you**

✓ FULLY ASSEMBLED KITCHEN UNITS

Not old-fashioned flat pack, meaning quick and easy installation

✓ FREE HOME MEASURE, PLANNING & DESIGN

So you can be sure your new kitchen is the perfect fit

FIND YOUR NEAREST SHOWROOM TODAY

55 SHOWROOMS NATIONWIDE • VISIT WRENKITCHENS.COM

wren
KITCHENS

▲ Kitchen price is for units only and do not include the price of any handles, worktops, appliances, sink, tap, props, accessories or small worktop appliances. Must be purchased in the exact configuration as offered by Wren. No substitutions or alterations can be made. One per customer. ♦ If you find a kitchen or fitted bedroom that is of the same style, quality and construction cheaper elsewhere, bring us your valid quotation and Wren will beat it. ♦ Buy now pay later example: Cash price of £4,000. Minimum 10% deposit of £400 and nothing further to pay for 12 months after delivery & installation date, then pay balance of £3,600. Subject to status, credit terms will be available. Ask in store or visit wrenkitchens.com/finance for details.

Art & soul



The light, uncluttered rooms of Mariella Baldwin's charming home in Arundel provide the perfect backdrop for her treasured vintage finds and exquisite botanical paintings

WORDS AND STYLING BY MELANIE MOLESWORTH • PHOTOGRAPHS BY RACHEL WHITING

OPPOSITE Mariella in her garden with one of her prized Silkie bantams
THIS PAGE A still-life display of flowers on the mantelpiece brings the pale sitting room to life, their colours and forms complementing the hues of an old Welsh jug





Step inside Mariella Baldwin's Arundel home and you can feel the layers of history. Standing on the ancient high street, just below the medieval castle, it was a shop in Georgian times, and the large display window at the front gives it a welcoming air. At the core is a panelled sitting room dating back to 1475, while the kitchen is Victorian, and the light and lofty contemporary studio at the back was once the old stables. It may be at the centre of this pretty market town but it has the atmosphere of a country cottage, with every room full of flowers and foliage – both real and exquisitely detailed watercolour paintings. Mariella is a botanical artist and her first glimpse of the property was on a crisp January day five years ago when she began her search for somewhere she could run her painting classes. "I immediately felt a connection with the spirit of the house," she says, and is now its most recent creative resident, arriving after tailors, artists, cooks, gardeners and writers.

Mariella was delighted to discover that the listed building had hardly been altered over the years: all the original fireplaces and panelling had remained intact and anything added had been carefully and sensitively chosen. The simple rooms decorated in calm colours, and the studio/workshop where she could teach and work, seemed a perfect fit. Her painterly eye is evident in every room: muted shades create a pleasing backdrop for her

paintings and collected treasures, and there seems to be a still-life ready to capture at every turn. Everything looks considered, from the placing of vintage china alongside propped-up family paintings through to the random mix of gathered flowers in vintage jars and vases dotted throughout the rooms. Collections of china and glass are a bohemian medley of old interesting pieces chosen for their shades and patterns, and gathered on travels over the years.

Most of the furniture was found locally, with Mariella relishing the search. "Nearby Ardingly market proved a fruitful source," she recalls, "as well as Arundel's array of antiques and junk shops such as French Loft, where I found my rosewood bed and vintage Provençal linens."

With its eye-catching bright-red Aga, the kitchen sits at the back of the building, well away from the bustle of the high street. Although it serves as a thoroughfare from the garden to the house, it has become the hub of the home where Mariella cooks and entertains around the generous oak table, with a log fire burning in winter. Wherever possible, she has used natural and organic materials – the stylish grey Cornish slate flooring in the kitchen was hand-cut to order and simple rush matting rugs were chosen to complement the wooden floorboards. Fabrics are a charming mix of old and new cottons and linens. "I'm always on the lookout for unusual pieces – the rug in the small sitting room is an Argentinian horse blanket found at a polo match and the kitchen tablecloth is an Indigo-dyed vintage linen" ➤

OPPOSITE Mariella's late father J M Hood was a talented amateur painter – his Dutch-inspired oil study sits to the left of her own still-life

THIS PAGE A bright-red Aga gives the slate-floored kitchen a modern edge – the cabbage tea towel is a favourite from Thornback & Peel





sheet," Mariella says. Lengths of extra-wide Belgian artist's canvas from the London art fabric supplier Russell & Chapple are on hand for covering tables and to hang as backdrops in the studio.

Steep wooden stairs lead up to the light uncluttered attic. The pretty old-fashioned bathroom overlooks the garden and the studio/spare room is above the high street. With its sloping roof, views over the town and empty frames waiting to be filled with paintings, it has the feel of a Parisian atelier.

The garden studio, where Mariella runs her weekly painting groups, is simply furnished with long glass-topped trestle tables – ideal for taping down sketches as well as showing plants in the best light for painting. For classes, Mariella fills an antique French picking basket, old jugs and vintage glass jars with huge bunches of greenery and flowers gathered from the garden. Tables are arranged to suit the number of pupils, so the studio has a relaxed, creative 



OPPOSITE A vibrant indigo linen cloth from Parna lifts the earthy natural tones in the kitchen **THIS PAGE** The attic has a

stripped-back minimal look – Mariella painted the room white to make the most of the light and to emphasise the architectural features



atmosphere, and students are encouraged to wander outside and select and cut fresh specimens as needed.

The well-stocked walled garden has a classical urn as its centrepiece, the brick paving has been restored and re-pointed in keeping with its historical heritage, and the plastic guttering and downpipes replaced with authentic metal designs. Old English apple, cherry and pear trees have been joined by box hedges and white rosebay willowherb and a mixture of vegetables and scented herbs, while a pair of Silkie bantams have taken up residence – their eggs have appeared in many a painting. Just like the house, the plot was well-established but has flourished and taken on a fresh, new beauty under Mariella's care. 

➲ To find out more about Mariella's work and painting courses, visit mariellabaldwin.com.

A long glass-topped trestle table provides the perfect place to study and paint flowers, and display greenery in a collection of vintage vases



**OPPOSITE,
CLOCKWISE FROM
TOP LEFT** Hand-
thrown bowls by
Fanny Peppercorn and
earthenware teapots
by A&J Young; a pretty
vintage wirework rack
hangs by the Aga;
work in progress

THIS PAGE The
studio was converted
from the old stables
– Mariella added the
woodburner and
striking contemporary
lighting so it can be
used throughout
the year

SECRETS *of a* GLORIOUS GARDEN

Here, we follow the growing year in the beautiful gardens at Loseley Park in Surrey, with plenty of practical ideas for you to use in your own plot

WORDS BY STEPHANIE DONALDSON • PHOTOGRAPHS BY JASON INGRAM



AUGUST: THE SHOW MUST GO ON

THE FLOWER GARDEN IS ZINGING WITH COLOUR as the annuals planted in May and June mature and join the show. There's little time for the gardeners to admire their work, though - to keep it looking this good, the borders need checking daily for any weeding, deadheading and staking to be done. It's this attention to detail that ensures every plant performs to best effect. In the rose garden, the central arbour's 'Albéric Barbier' is pruned once it has flowered, while in the vegetable garden, early crops are harvested and space cleared to sow next year's forget-me-nots before head gardener Burney goes off on holiday.

*PLANT OF
THE MONTH*TAGETES
'STARFIRE
MIXED'

These compact marigolds flourish beneath the central mulberry tree in the flower garden, where informal drifts mingle in shades of pale lemon yellow, clear orange and russet reds, adding texture and contrast to the bedding scheme. In the hot-coloured borders, the eye-catching striped marigold 'Tall Scotch Prize' (which dates back to 1829) is tall enough to stand up to the competition from the perennials that are at their showiest best right now.

*LOSELEY
PARK &
GARDENS*

Standing in ancient parkland close to the North Downs, this Surrey estate has been home to the More-Molyneux family for more than 500 years. The two-and-a-half-acre walled garden has undergone an impressive renaissance over the past 20 years, spearheaded by the current owners Michael and Sarah More-Molyneux. As head gardener Richard Burnip (Burney) says: "We all have the same gardening problems – ours are just on a larger scale."



BURNEY'S TOP HOT-COLOUR PLANTS

Crocosmia 'Lucifer'
perennial grown from corms
(middle, second from right)

Dahlia 'David Howard'
tender perennial (above left)

Helianthus 'Monarch'
perennial (top right)

Kniphofia uvaria 'Nobilis'
perennial (top, second from left)

Ricinus communis
half-hardy annual (middle left)

Rudbeckia 'Rustic Dwarf'
perennial (left)

Tagetes 'Tall Scotch Prize'
half-hardy annual (middle, second from left)

Tithonia rotundiflora 'Torch'
half-hardy annual (top left)

Zinnia 'Aztec Sunset'
annual (middle right)



SEASONAL TASKS AT LOSELEY

- Paths are hoed and raked to keep them clear of weeds
- Some perennials are cut back after they have finished flowering
- The strappy foliage of the red hot poker, *Kniphofia uvaria* 'Nobilis', is reduced by half so it doesn't detract from the striking flowers
- Deadheading on a regular basis is essential in order to encourage plants to continue flowering
- Taller varieties are supported with sticks or stakes, as necessary. Coppiced hazel is used for all types – the herringbone structure of its branches provides an ideal frame and the natural colour of the wood is unobtrusive
- Climbing roses are pruned

TECHNIQUE OF THE MONTH STAKING TALL PLANTS

Most of us think of staking as something we do early in the season, after which we just hope the plants won't outgrow their supports and leave the borders vulnerable to summer gales or heavy downpours. At Loseley they will intervene even when a plant is fully grown, as one toppled specimen in a border can take out or sprawl across its companions, spoiling the display. Before you start, cut away any stems that are beyond saving to make it easier to see what you are doing. Sturdy stakes are essential for mature plants.



- Use a mallet to bang the first stake into position at one end of the border – once firmly in place, stakes should be approximately half the height of the plants to be secured
- Position the second stake at the other end of the border and bang into place
- Run string between the two stakes and tie it off securely
- Conceal the string by tying a stem or two of the supported plant in front of each stake

BURNER'S TIP FOR AUGUST PLANNING AHEAD



Now is the time to sow biennials, including forget-me-nots and sweet rocket, so they will flower next year. Although these will self-seed naturally, in order to reproduce the large drifts of colour seen at Loseley in spring, it is necessary to sow direct into nursery beds and move the young plants to their flowering positions later in the autumn. 

GARDENING



THIS PAGE,
CLOCKWISE FROM
TOP LEFT Sunflower
heads full of seeds are
ideal bird food; dead-
heading helianthus; a
bold border; *Helenium*
'Moerheim Beauty'; a
sea of *Tagetes* 'Starfire
Mixed'; fiery *Crocosmia*
'Lucifer'; glorious
Zinnia 'Aztec Sunset'



GET MORE ONLINE
WATCH PRACTICAL GARDENING
VIDEOS FEATURING LOSELEY PARK
AT COUNTRYLIVING.CO.UK



THE COLOURFUL GARDEN

Walking through the walled garden at Loseley is always a pleasure, and offers an opportunity to look at the use of colour and find inspiration for your own plot. In the Jekyll borders – named after influential garden designer Gertrude Jekyll – the hot colours are grouped in the centre, loosely following her principles, gradually softening to greys and purples on one side and pale pinks and blues on the other. There's the sense of a journey through the colour wheel, as well as a few rebellions where plants have wandered out of their designated sections, or self-sown randomly. If the interloper looks good, it is left in place rather than edited out – happy accidents are an important part of any garden.

The flower garden is planted to be gloriously colourful, using vibrant hues punctuated by blues and purples. Perennials form the backbone, interplanted with drifts of annuals to create an atmosphere of dramatic exuberance. Every available space is packed with varieties of the hottest hues, ranging from low-growing sanvitalias to tall sunflowers. Around 4,000 annuals are used to provide a succession of colour over the summer, presenting visitors with

some interesting lessons to take away. For example, the brain is incredibly selective when we look at things – it decides what it wants us to focus on and will edit out the background. Ask anyone what the dominant colour is right now in Loseley's flower garden and there's a good chance that they will say yellow, when the reality is that it's green. This is the most valuable colour in the garden and provides the setting for every other tone. Without it, the strong shades would look too hectic and jumbled, but because green usually plays a supporting role, it doesn't attract our attention in the same way. So here the planting features plenty of grasses and foliage plants to create the perfect setting for their colourful companions. The same is true in the white garden, where green provides much of the structure, with pale shades of silver, grey, yellow and blue combining with white to beautifully impressionistic effect. 

Loseley Park, Guildford, Surrey (01483 504440; loseleypark.co.uk).
Gardens open from May to end of September, Sunday-Thursday (including bank holidays).

Full of French FLAVOUR



In a hamlet in rural northern France, a rundown traditional Breton farmhouse has been transformed into a relaxed, rustic home and stylish B&B with plenty of Gallic charm

WORDS AND STYLING BY NAOMI JONES • PHOTOGRAPHS BY BRENT DARBY





Lelgians Anouck and Joris Delanghe had spent many happy holidays exploring Brittany's beautiful countryside and coastline. Over the years, the idea of settling there – and enjoying the region's wealth of fresh produce and fine cuisine – began to take shape. Determined to find a truly rural property, in 2005 they came across a Breton longère (a traditional farmhouse named after its rectangular shape) for sale in the heart of the southern agricultural area. "It was in a small hamlet, not too far from the coast, and surrounded by pine, oak, chestnut, apple and pear trees," Joris recalls. The majority of the land had been sold to neighbouring farmers, but the house still retained a decent-sized plot. "We saw immediately how it could become our dream home and an exciting new venture – a gastronomic B&B," Anouck adds. "It had only been for sale for one day but we decided to buy it there and then."

It took two years for the couple to make the transition permanently as the property needed some work and they had to sort out their business in Belgium. Thankfully, the building was structurally fine but the layout needed changing in order for it to work as guest accommodation: they added en-suite bathrooms and plenty of storage, such

as painted armoires, in the two end bedrooms as well as in the middle room, where Anouck and Joris sleep during the off season. "It's right at the centre of the house," Anouck says, "so it always feels wonderfully warm and has lovely views of the surrounding farmland." They also created a family suite downstairs by installing a shower room accessible from both a double room and a twin, and renovated a section of the house to use as private sleeping quarters when necessary.

Today, the dated interior they inherited has been given a fresh, uplifting feel with clever use of colour and texture. "The tired-looking wallpaper in the kitchen was stripped away and replaced with plain white tiles around the working areas," Anouck says. As a contrast, the freshly plastered walls elsewhere in the room were painted in a warm aubergine shade, which is also used on the fireplace wall of the sitting room. The shabby tiled flooring was ripped up and replaced with sleek slate tiles that offset pieces of rustic wooden furniture.

Upstairs, insulation was added to walls to minimise noise between the bedrooms as well as to keep them warm, with ➤

THIS PAGE Glass doors between the kitchen and dining room flood the space with light **OPPOSITE** In the colourful kitchen, sardines wait to go on the barbecue, and be served to B&B guests with home-grown vegetables



The interior was given a fresh, uplifting feel with clever use of colour and texture





THIS PAGE AND OPPOSITE The bedrooms are painted in soft blue and white shades with red accents, echoing the French tricolor, and decorated with an array of characterful pieces found at brocantes and local markets

sections covered in limewashed wooden planks for a coastal feel; other walls were simply painted in different hues to give each room its own character – blue, white and red, to echo the French tricolor. Sisal flooring introduces natural texture and interest, which is continued with soft woven throws.

Anouck has added to the rustic mood by improvising, recycling and sourcing characterful vintage pieces from local markets and brocantes. Pieces of second-hand furniture have been freshened up with a lick of paint and simple headboards made using curtain rods and offcuts of plain linen, for example, while old crates have been repurposed as bedside tables. The result is a relaxed but stylish space that feels instantly welcoming, whatever the season.

The couple are constantly making improvements to their home, and always have a list of jobs to do – planting a garden, creating a barbecue area, installing an outdoor pool and establishing a grapevine to make their own wine are now all ticked off – but they've never regretted the bold decision they took a decade ago. "We love what we do," Anouck says. "We may be working but the house makes us feel as though we are always on holiday." 

Tip To stay at the B&B, visit lamaisonblancheauxvoletsbleus.com. Travel via ferry from the UK to St Malo (brittany-ferries.co.uk), then drive 90 minutes to Blézouan.



The calm,
stylish space
feels instantly
welcoming,
whatever the
season





SARAH RAVEN

is best known for her work as a gardener and author but she also studied medicine at the University of London and then worked as a junior doctor at Royal Sussex County Hospital, Brighton. Since her medical training, she has become interested in healthy eating and what it means to her cooking. Here, she focuses on exceptionally good foods that she believes should be included in our diet as much as possible – and how to eat them. Using information gathered from nutritionists, medical journals and research centres, and based on her own discoveries, Sarah has distilled that knowledge into a collection of 12 fruits and vegetables, from kale and blood oranges to tomatoes and beetroot.

Sarah Raven's SUPERFOODS



Every month, Sarah picks the healthiest fruit and vegetables to eat in season, with delicious recipes to make the most of their flavours and natural goodness

AUGUST: BEETROOT

WORDS, RECIPES AND FOOD STYLING BY SARAH RAVEN • PHOTOGRAPHS BY JONATHAN BUCKLEY
FOOD AND DRINK EDITOR ALISON WALKER



'Pronto'



'Bull's Blood'



'Boltardy'



'Chioggia'



'Burpee's Golden',
'Chioggia'
and 'Boltardy'



'Burpee's Golden',
'Chioggia' and 'Boltardy'



Baby
'Cheltenham'



'Pronto' and
'Burpee's Golden'



'Pronto'



Beetroot is such an easy plant to grow. Whether you have a large vegetable garden or a few containers on a balcony, you can direct sow the seed and be eating the baby roots within weeks. I grow three varieties – a standard purple called 'Boltardy', an orange, 'Burpees Golden', and a stripy pink and white, 'Chioggia' (now often called 'Candy stripe'). They taste much the same and are equally good for you, plus a mix of colours looks wonderful on a plate.

All beetroots are a good supply of calcium, magnesium, iron, phosphorous, potassium, manganese, folic acid and vitamin C. But it is the natural dietary nitrate content found especially in the juice that has recently been discovered to have two powerful physiological effects, which is exciting the scientific world. Nitrate helps us to create nitric oxide, which dilates (widens) our blood vessels, reducing blood pressure and increasing blood flow and oxygen supply to muscles and the brain. The extra oxygen can be used to generate more energy, which is why sportsmen and women are so keen on beetroot. Team GB put its properties to good use in the 2012 London Olympic Games, when athletes were supplied with a small (70ml) shot of concentrated beetroot juice each day in the build-up to and for the duration of the event.

The nitrates in beetroot juice are undergoing clinical trials for the treatment of blood pressure. Most currently available hypertensive (high blood pressure) drugs work in just this way – dilating blood vessels and so decreasing the pressure within them. There are also trials underway with diabetics, those suffering from Alzheimer's and pregnant women, as well as with elderly people given regular oxygen supplies, in the hope they could derive enough benefit to assist their stamina. And, most exciting of all, does the increased blood flow to the brain improve exam performance? That's undergoing research, too.

To get the best out of beetroot, you need the juice, so don't boil it to death. Drink it as it is, roast the roots to concentrate the nitrates or try one of the recipes here.



ROAST BEETROOT, BALSAMIC AND CARAWAY SOUP

Preparation 15 minutes Cooking 1 hour 20 minutes Serves 6

A warming, tangy soup that's good served hot or cold. The earthy flavour of the beetroot marries well with the citrus taste of the orange and the horseradish's sharp heat.

FOR THE SOUP

1kg beetroot, peeled and quartered

300g carrots, peeled and thickly sliced

2 tbsp olive oil

2 tbsp balsamic vinegar

½ tbsp caraway seeds

200g shallots (about 8), peeled and halved if large

3 garlic cloves, skin on

4 sprigs dill or thyme

1 litre hot vegetable stock

juice of 1 orange

FOR THE HORSERADISH YOGURT

6 tbsp natural yogurt

1 tbsp grated fresh horseradish

zest of 1 orange

- 1 Heat the oven to 180°C (160°C fan oven) gas mark 4. Put the beetroot and carrots into a roasting pan and toss with the olive oil, vinegar and caraway seeds. Roast for 30 minutes.
- 2 Add the shallots, garlic and two sprigs of dill or thyme, and cook for 30 minutes more until the vegetables are soft and the shallots golden.
- 3 Mix together the horseradish yogurt ingredients. Season.
- 4 Squeeze the sweet roasted garlic out of the skins. Put the garlic, along with the roasted vegetables, into a large pan, scraping all the seeds and reduced vinegar in, too.
- 5 Add the stock and bring just to the boil. Reduce the heat and simmer for 20 minutes to allow the flavours to infuse.
- 6 Pick the leaves off the remaining dill or thyme sprigs and add to the mix. Blitz with a stick blender. Add the orange juice and check for seasoning. Serve with a dollop of the horseradish yogurt and a sprig of dill.



HADDOCK, BEETROOT AND LEEK BAKE

Preparation 30 minutes

Cooking 50 minutes **Serves** 4-6

Perfect comfort food that's also healthy: there's a smokiness from the haddock, a sweetness from the beetroot and rich tanginess from the cheese. To reduce the dairy content, make the béchamel sauce with almond milk and replace the butter with solid coconut oil. Feta is a good alternative to Cheddar.

400g beetroot
2 tbsp olive oil
100g leek, finely chopped
425ml milk or almond milk
275g smoked undyed haddock
50g butter or 1 tbsp coconut oil
1 tbsp flour
freshly grated nutmeg
1 tsp English mustard
100g mature Cheddar
800g fresh spinach or chard
Parmesan, grated

1 Heat the oven to 180°C (160°C fan oven) gas mark 4. Peel

and slice the beetroot into 3mm discs with a mandolin or sharp knife. Drizzle with 1 tbsp olive oil and season with salt and freshly ground black pepper. Roast in the oven for 25-30 minutes until the beetroot is soft and starting to curl at the edges.

2 Meanwhile, heat the remaining oil in a pan and gently fry the leek until soft.

3 Heat the milk in a saucepan and, when just beginning to bubble, add the smoked haddock. Remove from the heat and leave to stand in the hot milk for 5 minutes. Take the haddock out of the pan, put on a plate and remove the skin if necessary. Set the milk aside.

4 Melt the butter (or heat the oil) in a saucepan over a medium heat, then stir in the flour until combined. Stir in the poaching milk in a steady stream until it is all incorporated and simmer gently for 2 minutes to cook out the flavour of



the flour. Add a grating of nutmeg, the mustard and plenty of freshly ground black pepper. Stir in the Cheddar and leek. Mix until well combined and remove the pan from the heat.

5 Blanch the spinach and drain. Leave to cool slightly, then squeeze to remove as much water as possible. Roughly chop.

6 Put a layer of beetroot in the bottom of an ovenproof dish, spoon over some sauce, then add a layer of flaked haddock and spinach. Repeat these layers, finishing with a layer of sauce and a scattering of freshly grated Parmesan. Bake in the oven for 20 minutes until golden brown.

grated horseradish (this can be kept ready-peeled in the freezer and grated from frozen with a microplane). Rub the juiced lime wedges around the rim of the glasses and then put the rim of the upside-down glass onto a saucer of cracked pepper and Maldon salt. You can, of course, add 200ml vodka (8 x 25ml shots) if you fancy.

1 litre beetroot juice
juice of 4 limes
1 tsp celery salt
1 tsp Tabasco (or according to taste)
freshly ground black pepper
1 tsp Worcestershire sauce (or according to taste)
TO SERVE
fresh horseradish, grated (to taste)
lovage stalks (or celery sticks)

CRIMSON MARY

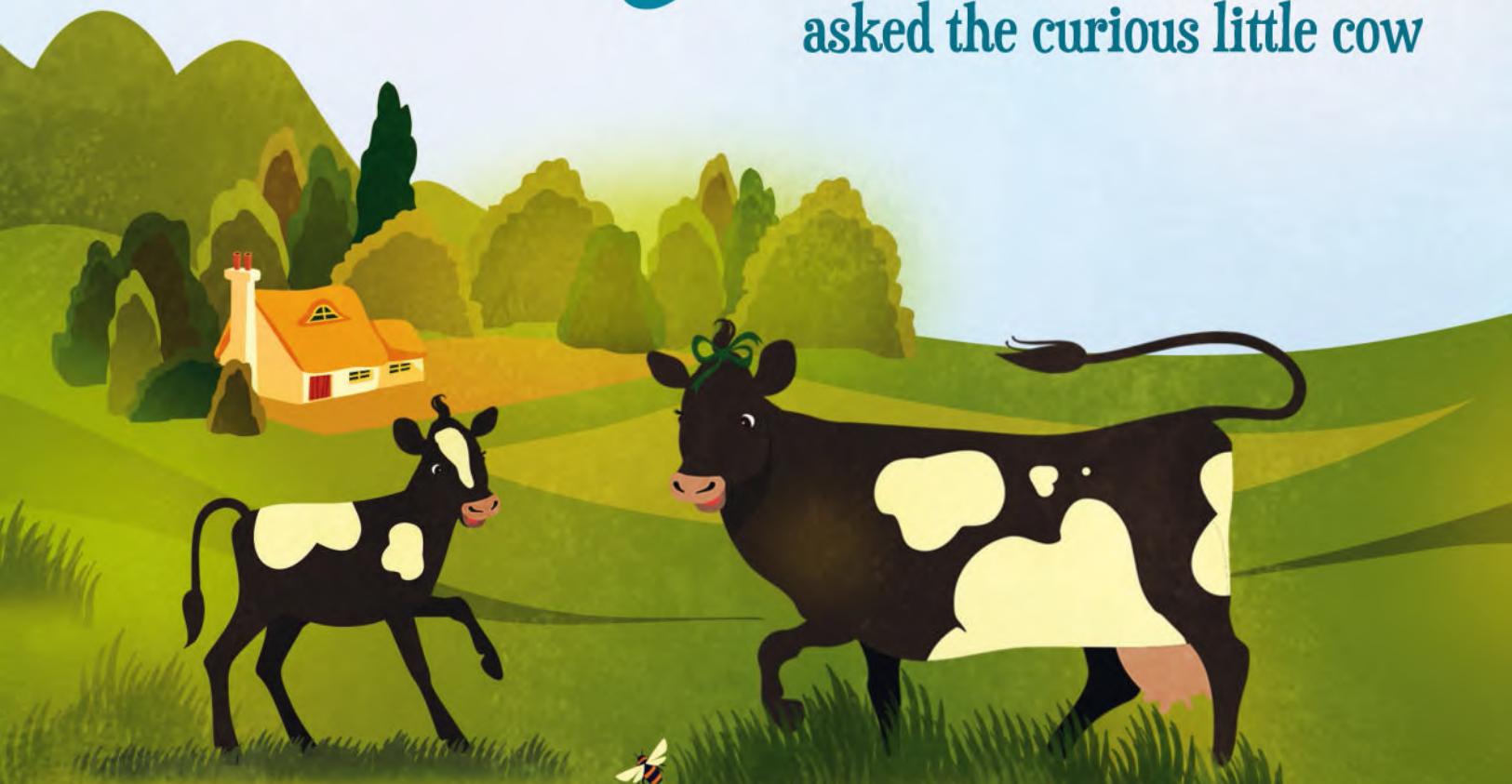
Preparation 5 minutes **Serves** 8

A super-healthy version of a classic Bloody Mary, using beetroot juice as the base, this is delicious with a salt-and-pepper rim and topped with freshly

1 Mix the ingredients together with lots of ice in a large jug.
2 Pour into tumblers. Garnish with grated horseradish and serve with a lovage (or celery) stick stirrer. ↗

“Why don’t all cows eat grass?”

asked the curious little cow



Get your FREE children's storybook
Tales from the Meadow
online at Kerrygold.co.uk

Kerrygold works with small co-operative farms
where cows are free to graze on lush green grass,
giving Kerrygold butter its deliciously unique taste.



FOOD & DRINK

BEETROOT, PARSLEY AND GREEN MANGO SALAD

Preparation 20 minutes, plus standing Serves 4 as a main or 6 as a side dish

Parsley is an excellent detoxifying herb, which is anti-inflammatory, antiviral and a mild diuretic.

FOR THE DRESSING

4 tsp tamarind paste
½ tsp chilli powder (or to taste)
zest and juice of 2 limes
FOR THE SALAD
2 green mangoes, peeled

125g raw beetroot, peeled
10g dry wakame* seaweed
1 large shallot, peeled and thinly sliced
1 stick lemon grass, tough outer leaves removed and very thinly sliced
40g fresh coconut, peeled into shavings with a vegetable peeler and lightly toasted
20g coriander leaves
20g parsley leaves

- 1 In a jug, mix together the dressing ingredients. Season with salt and freshly ground black pepper.

2 Using a julienne peeler (or a sharp knife), create matchstick strips from the green mango. In another bowl, do the same with the beetroot. To stop the beetroot bleeding into the delicate green mango, keep them separate until ready to serve.

- 3 To rehydrate the wakame, add double the amount of water to seaweed, but don't drown it with too much or it will lose its crunch. Leave for 10 minutes.
- 4 Pour half the dressing into the beetroot and half

into the mango. Mix to coat thoroughly.

- 5 Put the shallot, lemon grass, coconut and mango in a large bowl. Add the coriander and parsley leaves, then finally the beetroot, folding through gently. Taste for seasoning and crumble the wakame over the top. 

1 Sarah has written a number of bestselling gardening and cookery books, and runs a range of courses from her home at Perch Hill in East Sussex. Visit sarahraven.com for details.



GET MORE ONLINE
VISIT COUNTRYLIVING.CO.UK
FOR SARAH'S BEETROOT
SODA BREAD RECIPE

Taste the summer

Savour the season and make the most of fresh and fruity flavours by choosing delicious Carte D'Or ice cream for your desserts

CARTE D'OR SUMMER Sundaes

On warmer days, there's nothing more refreshing than a dish of seasonal fruit and ice cream. For a mouthwatering end to your meal, prepare a tasty dessert by layering fresh fruit and Carte D'Or ice cream in tall sundae glasses. Here, we used Carte D'Or Vanilla and Carte D'Or Gelateria Blueberry & Vanilla flavours. Place fresh fruit in the bottom of each glass and add strawberry sauce before spooning in a layer of Carte D'Or ice cream. Repeat the layers, finishing with a scoop of your favourite Carte D'Or flavour. Decorate with an extra drizzle of sauce and berries if you like.

Use vintage
glassware
for a pretty
teatime feel



For more information on the Carte D'Or collection, including the Classic and Gelateria ranges, visit cartedorscoop.co.uk.



SIMPLE DISHES *for* BUSY DAYS

Continuing her series showcasing easy but delicious recipes, Alison Walker creates a range of no-cook options that are perfect for alfresco summer meals

PHOTOGRAPHS BY NASSIMA ROTHACKER • STYLING BY WEI TANG • RECIPES AND FOOD STYLING BY ALISON WALKER



CHILLED CUCUMBER AND AVOCADO SOUP

Preparation 10 minutes Serves 6

Serve this delicate, fragrant soup in chilled glasses along with prosciutto-wrapped breadsticks. If you prefer a punchier flavour, add the chilli or Tabasco.

1 whole cucumber
1 ripe avocado, halved, de-stoned and flesh scooped out, plus extra for garnish
zest and juice ½ lemon
large handful ice cubes or 200ml cold water
250g full-fat plain yogurt
1 tbsp each freshly chopped

mint and tarragon
1 green chilli or few drops green Tabasco (optional)
snipped chives, to garnish

in a little lemon juice if using.

2 If serving immediately, use the ice cubes and blitz all of the ingredients in a blender with 1 tsp flaky sea salt and freshly ground white pepper until smooth. If preparing in

advance (2-4 hours), you can replace the ice cubes with 200ml water and chill until needed.

3 Garnish with diced cucumber and avocado, and a sprinkling of chives. ↗



...fast & fresh

SPANISH TAPAS WITH MARINATED CHICKPEAS

Preparation 10 minutes, plus marinating *Serves 4*

This is the perfect lunch or supper for a hot summer's day. Embellish the chickpeas with slices of manchego, plenty of thinly sliced cured meats such as Iberico ham or salami, a dish of Spanish olives and some stuffed peppers. A glass or two of chilled Fino sherry completes the meal admirably.

400g jar or tin of good-quality chickpeas, drained and rinsed
1 small garlic clove, crushed
3 spring onions, finely chopped
1/4 tsp ground cumin
1/2 tsp smoked paprika
large pinch cayenne pepper

1 tsp sherry vinegar
zest and juice 1 lemon
1/2 tbsp each of freshly chopped coriander, parsley and mint

1 Combine all of the ingredients along with a good pinch of flaky salt and leave to marinate for at least 10 minutes or, ideally, for up to an hour. Serve at room temperature as part of your tapas board.



SPELT TABBOULEH*Preparation 10 minutes**Serves 2*

By rights, tabbouleh should be made with bulghur wheat or couscous, but this spelt (available from merchant-gourmet.com) has a wonderfully nutty flavour and chewy texture that marries very well with the herby dressing. If you do feel like a little simple 'cooking', the saltiness of griddled halloumi makes a good accompaniment.

6 cherry tomatoes**½ red onion****250g packet ready-to-eat spelt****½ tbsp each freshly chopped parsley, mint and coriander****60ml extra-virgin olive oil****2 tbsp lemon juice****1 garlic clove****½ tsp ground coriander**
crumbled feta or cooked sliced chicken, to serve

1 Halve the cherry tomatoes and finely slice the red onion. Put in a large bowl and add the spelt and herbs.

2 Whisk together the oil, lemon juice, garlic and ground coriander with a fork. Pour over the spelt and toss well to combine. Transfer to a serving platter and top with bite-sized pieces of feta or chicken. Serve with strips of crispy pitta if you like. ↗



CEVICHE

Preparation 10 minutes, plus marinating Serves 2

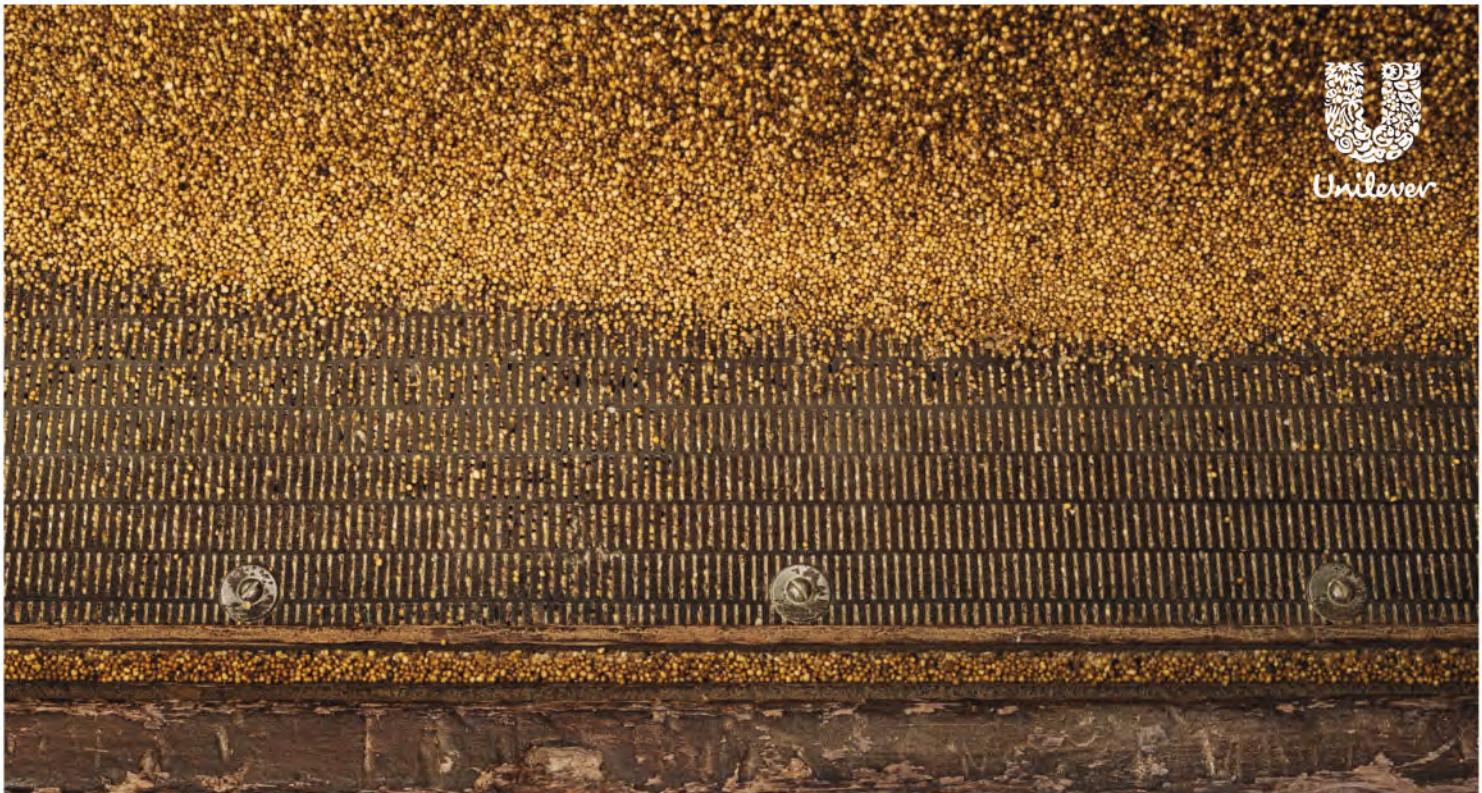
Always use ultra-fresh fish for this dish, and prepare and eat it on the day of purchase. The acid in the lime juice will 'cook' the flesh but don't leave it for too long as the texture can become 'woolly'.

250g scallops
juice 3 limes
½ red chilli, finely chopped
4 spring onions, finely sliced on the diagonal
4 radishes, thinly sliced
½ tbsp finely chopped mint and coriander
a sprinkling of salad micro-leaves (optional)
extra-virgin olive oil, for drizzling

1 Halve the scallops horizontally. Put the lime juice into a bowl with half the chilli. Gently stir in the scallops and 1 tsp flaky sea salt. Leave to stand for 10 minutes, ensuring the shellfish is completely covered with the juice.

2 Drain the scallops, reserving the juice. Arrange on two plates with the spring onions and radishes. Garnish with the reserved chilli, herbs and salad leaves. Drizzle with some of the reserved juice and a little olive oil. This is very good served with crunchy tortilla chips. ↗





OF COURSE YOU'LL FIND
MUSTARDS THAT AREN'T
FILTERED UP TO NINE TIMES.
THEY JUST WON'T HAVE
OUR LABEL ON THEM.

The way we make it says it all.



GET MORE ONLINE
VISIT COUNTRYLIVING.CO.UK
TO FIND ALISON'S RECIPE
FOR NIÇOISE TOASTS



SUMMER SPRING ROLLS

Preparation 25 minutes Makes 12

These spring rolls look pretty and colourful when you bite into them and have a wonderfully fresh, herby flavour.

1 nest rice vermicelli
1 tsp sesame oil
1 medium carrot
1 Little Gem lettuce
150g cooked tiger prawns
mint leaves
Thai basil leaves
12 rice-paper wrappers
FOR THE DIPPING SAUCE
75ml lime juice
2 tbsp palm sugar
1½ tbsp fish sauce
1 garlic clove, crushed
½ red chilli, finely chopped

- 1 In a small bowl, combine the dipping sauce ingredients. Set aside.
- 2 Put the vermicelli into a large bowl and cover with boiling water from the kettle. Leave to stand according to the packet instructions. Drain, then toss in the sesame oil. Set aside.
- 3 Next, prepare the fillings and set them in separate

bowls ready for assembling the spring rolls. You'll need to work speedily with the wrappers, so it is best to get everything ready first. Using a julienne peeler or small sharp knife, cut the carrot into thin strips. Set aside 12 of the smaller lettuce leaves. Halve the prawns along their length. Pick over the herbs: you will need 3-4 mint leaves and 1-2 basil leaves per roll.

- 4 Fill a large bowl with hand-hot water. Put a clean tea towel on the worksurface. Working one roll at a time, dip one of the rice-paper wrappers into the water for a few seconds until soft and pliable. Don't overdo it, though, because if they get too soft they will tear and stick to themselves - they just need to be pliable. Lay the sheet on the tea towel.
- 5 Put 3-4 mint leaves and 1-2 basil leaves along one side

of the wrapper, leaving a border at the sides. Top with a couple of prawns, a lettuce leaf, a small handful of vermicelli and a few shreds of carrot. Roll one turn, then fold the sides inwards and tightly roll up the wrapper. Set aside and continue with the remaining wrappers and ingredients until they're used up. The rolls can be made up to 6 hours ahead and chilled, but remove from the fridge about 15 minutes before eating. Serve with the dipping sauce.





The new online product review site...

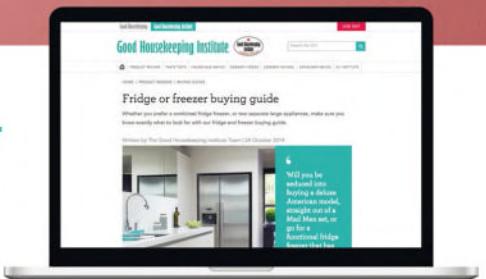


...that knows which freezer
won't melt the ice-cream
if there's a power cut.



Start your £1 trial now

Put GHI to the test: call 01858 438413 or visit
goodhousekeeping.co.uk/institute/claug



This offer is valid for new subscribers only, when paying by direct debit only. At the end of your 30 day trial, your subscription will continue automatically at the rate specified in the offer unless you tell us otherwise during your trial. For full offer details and full terms and conditions visit www.hearstmagazines.co.uk/gh/1GH10659.

For when your heart is in the country

Subscribe to the digital edition of Country Living magazine and escape into an appealing world of rural beauty and tranquillity. You'll find a wealth of ideas for your home and garden, learn about traditional crafts, discover inspiring rural businesses and enjoy irresistible recipes using seasonal produce.



SUBSCRIBE NOW ON THE APPLE NEWSSTAND

GREAT REASONS TO GET DIGITAL!



Now you can enjoy your favourite magazine wherever and whenever you want. With our digital editions, you can stay up to date even when you are on the move! Go digital today and benefit from:

- **Searchable** content across all your downloaded issues
- **Choice** of viewing mode to make reading as easy as possible
- **Instant** access to the latest issue even when you're away from home
- **Interactive** content with live links to websites, emails and phone numbers

Now on EVEN more devices!



loaf



BEDS, SOFAS & FURNITURE FOR LOAFERS

LOAF.COM

Pedal POWER



As well as the obvious cardiovascular and toning benefits that cycling can bring, the combination of fresh air and beautiful scenery as you explore the great outdoors will boost your spirits, too

WORDS BY CATHERINE BUTLER

Cycling ticks a lot of boxes when it comes to general health and protecting against chronic illness and disease, and a study in Copenhagen found that those who regularly cycled or commuted by bicycle lived up to five years longer. "As with other forms of cardiovascular exercise, cycling helps control your weight, reduce blood pressure and cholesterol, and will help lower your risk of cardiovascular disease," says Maureen Talbot, senior cardiac nurse at the British Heart Foundation. There is also evidence that cycling can make you feel younger, too. Research from the National Forum for Coronary Heart Disease Prevention found that regular cyclists enjoy the same levels of fitness as someone ten years their junior. ➤

OIL THE JOINTS

Don't rule out cycling because of an existing injury or problem – it could be the solution to your aches and pains. "Cycling is low impact and one of the safest sports you can do," says sports physio and osteopath Tim Allardice of Surrey Physio. "The position of the body in cycling was once thought bad for back problems, but there is now a lot of research to show that it can be very good for these issues. It's also great for improving mobility if you suffer from joint stiffness in your knees, hips or ankles, and is now even recommended for arthritis and after hip-replacement surgery."

HEALTHY MIND

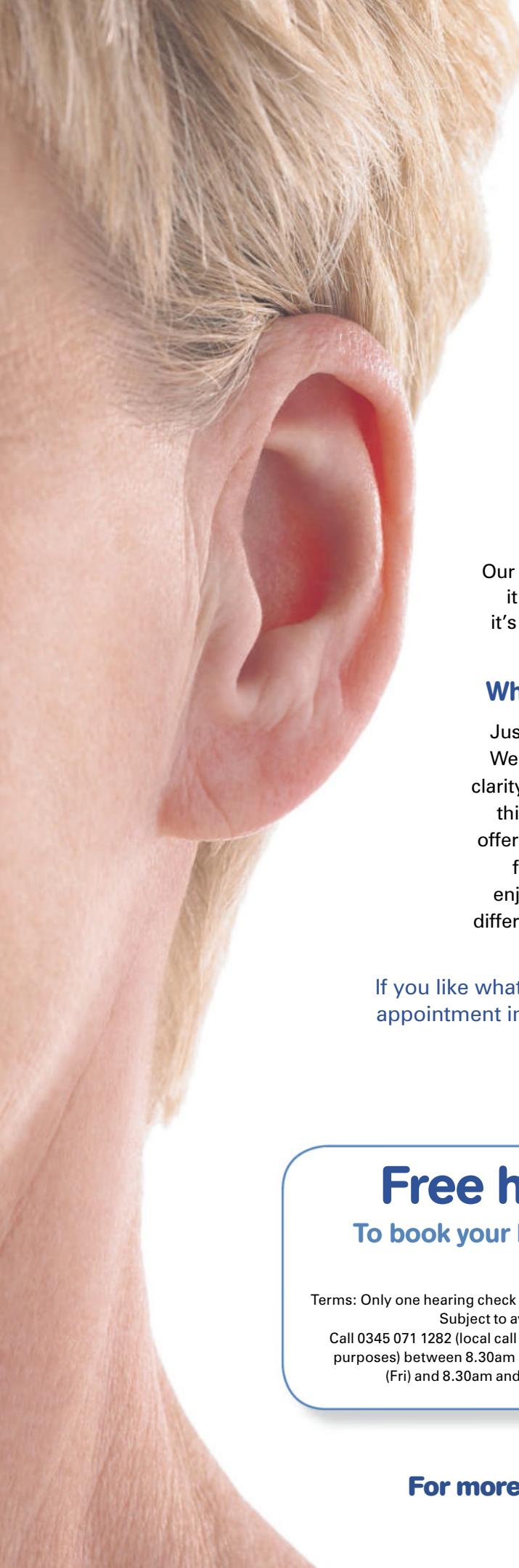
"Being active can help us to combat stress and feel more positive, and cycling is a great way to incorporate physical activity into everyday life," says Elaine McNish, director of the British Heart Foundation National Centre. A study from the University of East Anglia shows that commuters who swapped driving for active commuting, such as cycling, experienced improved levels of mental wellbeing; while German research found the repetitive movements had a soothing effect. "Even five minutes of being in a natural environment and engaging in low to moderate activity improves mood," says Dr Valerie Gladwell of the University of Essex's Green Exercise study.

TONE UP

If you want to get fit and shift some pounds, cycling is one of the most efficient ways of meeting your goals, according to personal trainer Matt Roberts: "A beginner can still maintain the activity for a long period of time, therefore getting greater fitness and fat-loss benefits." Toning and strengthening isn't limited to your legs either. "It works all the muscles of the lower body," he says.

Don't feel you have to always set yourself a challenging route. "Even a small hill will make you pedal quicker and your blood pump faster," says Phil Insall, health director at sustainable transport charity Sustrans. "Prioritise the attractiveness of your route, and the health benefits will follow." 





Have you seen our invisible hearing aid yet? No? Not at all? Exactly.

it all adds up



Our fantastic invisible hearing aid is small. Really small. And, because it fits slightly deeper in the ear canal than your average hearing aid, it's virtually invisible when worn. That means you get all the benefits of hearing better without anyone understanding how you do it.

Whilst it can't be seen the difference can be heard.

Just because this hearing aid is small doesn't mean it's less effective. We've made sure this tiny device has the high speed processors and clarity enhancing features of the very latest hearing aids. These are the things that make sure you get to enjoy all the great things life has to offer like conversations with friends and family, an evening out in your favourite restaurant or a cosy night in front of the TV. And you can enjoy all this with the confidence that whilst people might notice the difference in your hearing they definitely won't notice your hearing aid.

If you like what you (don't) see, call **0345 071 1282** and book a free appointment in store to find out more about this amazing little hearing aid.

"I hear normally, it's as if I don't have a loss and, because you can't see them, no one else knows I do!"

Free hearing check

To book your hearing check simply call
0345 071 1282

Terms: Only one hearing check per year. Free hearing check for over 18s only.
Subject to availability and eligibility. By appointment only.
Call 0345 071 1282 (local call rates apply, calls may be recorded for training purposes) between 8.30am and 8.00pm (Mon-Thurs), 8.30am and 6.00pm (Fri) and 8.30am and 5.30pm (Sat) and 10.00am and 4.30pm (Sun).



hearingcare
let's feel good

For more information please visit Bootshearingcare.com

PICK A BIKE

ROAD CYCLING

A smooth, consistent terrain makes this one of the easiest ways to cycle. Plan your route carefully by avoiding congested junctions and lanes with high hedges or obscured views.

THE BIKE The Pinnacle Dolomite Five Road Bike (£775, evanscycles.com) is designed for UK road conditions.

THE GEAR You don't have to wear neon to be seen with the Proviz Reflect360 gilet (£49.99; evanscycles.com) – the subtle pearl outer shell illuminates bright white under lights.

DO IT Join the National Cycle Network at Ipswich, Suffolk, from where a leisurely route will take you along quiet roads and traffic-free trails to the town of Woodbridge (sustrans.org.uk).

GREEN LANES

Swap car horns and engines for nature's soundtrack as you ride along the UK's extensive network of unpaved country roads, bridle paths and cycle trails.

THE BIKE The Pinnacle Californium One 2015 Women's Hybrid Bike (£330, pinnacle-bikes.co.uk) is a lightweight model perfect for beginners.

THE GEAR The Michaux basket bag in Liberty London floral print (£115, michauxclub.com) fits inside a basket and has adjustable straps to convert to a shoulder bag.

DO IT Lanhydrock Country Estate in Cornwall offers six miles of superb off-road cycle trails and on-site bike hire (nationaltrust.org.uk/lanhydrock).

TANDEM

Riding tandem takes some practice, so hire before you buy.

THE BIKE The Orbit Velocity Tour Tandem 700c (£2,600, tandems.co.uk) is ideal for touring and day rides.

THE GEAR The Selle Italia Diva Gel Flow Saddle (£79.99, wiggle.co.uk) has a built-in shock absorber for a more comfortable ride.

DO IT Tandem Experience offers self-guided tours in north Shropshire (from £30 per person per day, tandeming.co.uk).

MOUNTAIN BIKING

Covering steep inclines and rougher terrain, this is one of the more challenging but most exhilarating ways to cycle.

THE BIKE The Norco Charger 7.2 2015 Mountain Bike (£675, evanscycles.com) is a trail-ready design to help push your limits.

THE GEAR Women's Super Fine Merino 150 leggings (£50, rohan.co.uk) are warm on a blustery mountainside, but not hot when working up a sweat.

DO IT Northumberland's Kielder Forest offers four of the best off-road trails through England's largest woodland (visitkielder.com). 

THE CL PASHLEY BIKE



Pedal around in style on the Country Living 30th Anniversary Pashley Bicycle (£645, shop.countryliving.co.uk).

HALF PRICE REUPHOLSTERY

Reupholster one item, get a second Half Price

Plumbs

PRESTIGE REUPHOLSTERY

P

PRESTIGE RANGE



Sanderson

ROSS
FABRICS

MORRIS & CO

LINWOOD
Fabrics & Wallpapers

swaffer
fine furnishing fabrics

UK'S REUPHOLSTERY SPECIALIST

Fall in love with your favourite furniture again with Prestige Reupholstery. Right now we are offering Half Price Reupholstery for readers of this magazine! We will Reupholster one item and reupholster a second for Half Price* in a selection of fabulous designs!

We reupholster and produce hand tailored loose furniture covers for virtually all styles of furniture including: • G Plan • Ercol • Cintique • Buoyant • Parker Knoll • Laura Ashley • Christie Tyler • Duresta and many more.

Totally handcrafted, your furniture will be lovingly reupholstered from a huge range of the finest fabrics. All from leading design houses including Sanderson, Ross, Linwood, William Morris, Swaffer and many more.

When you request our reupholstery service, our expert craftsmen, often local to your area, will inspect and restore your furniture, before reupholstering it to its former glory. Simply request a **FREE** design consultation and your local Consultant will show you the Prestige range in the comfort of your own home, with absolutely no-obligation to buy.

FREE REPLACEMENT SEAT CUSHIONS - FREE ARM COVERS OR SCATTER CUSHION COVERS

ARRANGE A FREE
HOME VISIT AND
RECEIVE YOUR FREE
COLOUR BROCHURE,
CALL NOW ON

OFFER ENDS NEXT 21 DAYS
01772 90 15 10

Lines open 7 days a week, quoting Dept. No P9149 CL

www.plumbs.co.uk/cl

* Half Price Reupholstery offer on selected designs, lowest value item is reupholstered for Half Price. Antique furniture excluded from offer. Terms and conditions apply.
Plumbs Ltd, Brookhouse Mill, Old Lancaster Lane, Preston PR1 7PZ

STRACHAN

THE ART OF FINE FURNITURE

SUMMER SALE

Extra savings on the finest quality bespoke fitted furniture designed just for you

SAVE
UP TO
30%



NEW BROCHURE | FREE DESIGN PLANNING & FITTING | BRITISH DESIGN & MANUFACTURING | 10-YEAR GUARANTEE



With **generous savings** across our entire collection, there's never been a better time to invest in our luxury fitted furniture. Our wide range of designs includes everything from bespoke walk-in wardrobes and bedrooms to hardworking home offices, elegant lounges and indulgent dressing rooms. So whatever your vision may be, our expert designers will help you realise it to perfection. Request a brochure or arrange a design consultation today.

Request your copy of our latest brochure or arrange your **FREE** design consultation.

0800 0138 139

Please quote offer code **CLI150706**, lines open 7 days a week.

www.strachan.co.uk/cli

IF YOU CAN'T STAND THE HEAT

The summer sun, even in Britain, can make skin more sensitive. Fortunately, the latest sunscreen formulations harness the soothing power of plants. Jurlique Sun Specialist SPF40 High Protection Cream (£27, jurlique.co.uk) has a high UVA and UVB rating, and contains calming camomile and calendula. Edelweiss and camellia oil in Sisley Super Soin Solaire Milky Body Mist Sun Care SPF30 (£83, sisley-paris.com) make skin less susceptible to irritation, while Green People Scent-free Sun Lotion SPF25 (£9.95, greenpeople.co.uk) contains beeswax to make it water-repellent without blocking sweat glands – perfect for those prone to prickly heat.



TREAT YOURSELF

The healing qualities of grapes have been utilised for many years – at The Vineyard Hotel's spa in Berkshire you can enjoy their benefits to the full. The Vineyard Red Grape Pampering Body Wrap (£70, 55 minutes) uses antioxidant-rich red grapes with natural algae to help protect and nourish. After body-brushing, a soothing mask is smoothed onto your skin, then left to soak in. Finally, a firming red-grape cream is massaged in. Complete the indulgent effect with dinner at the restaurant with wine pairings chosen from the 30,000 bottles in the wine cellar.

Stockcross, Newbury, Berkshire (the-vineyard.co.uk).

CL readers can enjoy a five-course dinner, B&B in a luxury double room with a 55-minute treatment from £240pp.*

health notes



BEST BUY

Neom's new Essential range includes travel sizes of Perfect Night's Sleep Pillow Mist, Intensive Energy Boosting Treatment and Daily De-stress Bath & Shower Oil (£8 each, neomorganics.com).

Boost your wellbeing the natural way with our round-up from the world of health and beauty

NATURE'S MEDICINE CABINET

Sour cherries The dark, sweet varieties in plentiful supply at this time of year may taste delicious, but it's their sour-tasting cousins that hold the most health benefits. These, such as the bright red Montmorency, are rich in antioxidants and are thought to have an anti-inflammatory effect on the body. One study showed drinking tart cherry juice reduced post-exercise pain in athletes. They are also one of the few fruits to contain significant quantities of melatonin, which may help to improve sleep. But there's good news for sweet-cherry lovers, too – they are packed with vitamin C and have been found to lower levels of urates in the blood, reducing the risk of gout. Eat them fresh or in a pie – cherries maintain much of their health-boosting chemicals when cooked.**

FOR A LIGHT, REFRESHING GREEN TEA, try Tombo Sakura Kukicha with Cherry Blossom tea (£5.20, tombotea.com), which is packed with antioxidants.

HELP IMPROVE YOUR GAIT and reduce tired leg muscles on walks with Hi-Tec V-Lite Walk Lite Witton walking shoe (£75, hi-tec.com), which has a sole that supports the natural roll of the foot. For every pair bought, £1 goes to the National Trust.

WOMEN WHO HAVE EXPERIENCED cancer or are living with cancer can now seek a restorative escape at Lifehouse Spa & Hotel in Essex, which has been certified by the charity Wellness for Cancer. Therapists have been trained by NHS Christie Trust to adapt traditional spa treatments to suit cancer patients' needs (lifehouse.co.uk).

For more tips and products, go to netdoctor.co.uk.



Think of a shed. Now think again. These are Posh Sheds, designed to the finest detail and built to look this good for years. With a choice of styles, finishes and roofs Posh Sheds add a touch of class to any garden.

www.theposhshedcompany.co.uk

 01544 387101



where to buy

Stockists in this issue

- A** ALLY CAPELLINO 020 7613 3073; allycapellino.com AMARA 0800 587 7645; amara.com
- A** AN ANGEL AT MY TABLE 0845 200 0723; anangelatmytable.com APC apc.fr ASOS asos.com
- B** BARBOUR 0800 917 3000; barbour.com
- B** BERT & MAY 020 3673 4264; bertrandmay.com
- B** BOLD & NOBLE 01462 339011; boldandnoble.com
- C** CABBAGES & ROSES 020 7352 7333; cabbagesandroses.com CATH KIDSTON 0845 026 2440; cathkidston.com THE CLOTH SHOP 020 8968 6001; theclothshop.net COUNTRY LIVING GENERAL STORE shop.countryliving.co.uk COX & COX 0844 858 0744; coxandcox.co.uk
- D** DECORATOR'S NOTEBOOK 0845 474 1747; decoratorsnotebook.co.uk DENNY ANDREWS 01793 762476; dennynandrews.co.uk DESIGN VINTAGE 01243 573852; designvintage.co.uk
- D** DOODLE BAG 0114 270 2054; doodle-bag.com
- E** EMILY SUTTON emillustrates.com
- F** FRENCH CONNECTION 0333 400 3285; frenchconnection.com
- G** GARDEN TRADING 0845 608 4448; gardentrading.co.uk GREEN & BLUE 01872 858787; greenandblue.co.uk
- H** HABITAT 0344 499 1111; habitat.co.uk HAMBRO & MILLER 0844 057 0208; hambroandmiller.co.uk
- H** HEAL'S 020 7896 7451; heals.co.uk
- I** IKEA 020 3645 0000; ikea.com
- J** JOSEPHINE RYAN 020 7352 5618; josephineryanantiques.co.uk
- L** LABOUR AND WAIT 020 7729 6253; labourandwait.co.uk LAYANA LONDON 07582 858214; layanalondon.com
- L** LIBERTY 020 7734 1234; liberty.co.uk
- M** MANDARIN STONE 01600 715444; mandarinstone.com MIOPPO miopoessence.com
- N** THE NATURAL SHOE STORE 0800 132194; thenaturalshoestore.com NEEDCRAFT 01992 700311; needcraft.co.uk THE NEW CRAFTSMEN 020 7148 3190; thenewcraftsmen.com
- N** NKUKU 01803 866847; nkuku.com NORDIC HOUSE 01872 223220; nordichouse.co.uk
- O** THE ORIGINAL POP UP SHOP 07967 344057; theoriginalpopupshop.com
- P** THE PAINTED HOUSE the-painted-house.co.uk
- P** PETIT BATEAU 020 7462 5770; petitbateau.co.uk
- P** PIMPERNEL & PARTNERS 020 7731 2448; pimpernelandpartners.co.uk
- P** PIPII 01342 823921; pipii.co.uk
- R** RE 01434 634567; re-foundobjects.com ROSATO COLLECTIONS rosatocollections.com
- S** SANDERSON 0844 543 9500; sanderson-uk.com
- S** SASS & BELLE 020 7346 0117; sassandbelle.co.uk
- S** STUDIO FUSION GALLERY 020 7928 3600; studiofusiongallery.co.uk SUNSPEL 0115 973 7860; suns spel.com
- T** TANNER & LAWSON 01328 738410; tannerlawson.co.uk TARA STARLET tarastarlet.com THORNBACK & PEEL 020 7831 2878; thornbackandpeel.co.uk
- T** TOM RAFFIELD tomraffield.com
- U** UNIQLO uniqlo.com UNIQUE & UNITY 0845 605 9699; uniqueandunity.co.uk
- W** WILLOW & STONE 01326 311388; willowandstone.co.uk WORN WITH LOVE 07974 260791; wornwithlove.co.uk

next month in

COUNTRY LIVING

Our September issue is on sale from 30 July

*Full of fresh
inspiration*



FREE
MAGAZINE!
COUNTRY
KITCHENS &
BATHROOMS



THE BUTTERFLY GARDEN



CONTEMPORARY CRAFT



DELICIOUS BISTRO DISHES

NEVER MISS AN ISSUE

*Turn to page 142 to see our latest
subscription or renewal offer*



COUNTRY LIVING

reader offers

DON'T MISS THIS MONTH'S EXCLUSIVE MAIL-ORDER SAVINGS ON A WONDERFUL RANGE OF ITEMS

FOR A STYLISH INTERIOR

Bring an elegant touch to your home with fine craftsman-made designs from Swoon Editions, with free delivery and returns



 TO ORDER

Save £20 with voucher code COUNTRY.

Visit swooneditions.com/country

or call 020 3137 2464.

Terms & conditions Save £20 on a £200 minimum spend. Prices shown are accurate at time of going to print. Cannot be used alongside any other offers or promotions – ends at midnight on 30 July 2015.



CAMILLE CHEST OF DRAWERS

The mint blue hand-painted finish of this distinctive piece is offset beautifully by carved detailing and solid brass handles. **Price £349**

ARMELLE ARMCHAIR

Inspired by traditional French styles, the Armelle has cabriole legs and a striking wingback design. Hand-carved detailing and floral motifs decorate the frame, complemented by a plump cushion and fine piped linen upholstery in putty grey. **Price £429**

CELINE BENCH

With scrolled legs and duck-egg blue cotton upholstery, this hand-crafted piece is ideal for a hall or as a window seat. **Price £229**



DISTINCTIVE COUNTRY CHARACTER

Enjoy a 15% discount on appealing rustic furniture from the Old English painted range by The Orchard

PAINTED DRESSER

This traditional Welsh dresser would make a stylish statement in a kitchen or dining room. Handmade from durable Canadian pine, it offers a versatile mix of enclosed storage and open display space with three large drawers and four small drawers, plus shelves above that include a groove for holding plates. A single large storage area with a half shelf runs along the width of the dresser behind the lower cupboard doors, which feature dovetail joints and aged-bronze hinges. The piece is available in a choice of finishes – painted, waxed, stained, distressed or a customised combination. It is fitted with round wooden knobs as standard, but other versions are available as an extra.

Measurements: W122.3cm x H204.7cm x D43cm.

Large drawers: W31cm x D32.4cm x H11.2cm.

Cupboard space: W114cm x H24cm x D30.5cm.

CL price £973.25 (usually £1,145) plus £29 p&p



PAINTED SINGLE-SEAT HALL STORAGE BENCH

This sturdy single-seat pine storage bench with a hinged seat is perfect for a hallway, offering an ideal place for keeping shoes, wellies, dog leads and umbrellas. It also makes a great telephone stand, as phone directories and takeaway menus can be hidden away inside.

Measurements: W65cm x H90cm x D49cm.

Seat: H50cm. Interior: W57cm x H38cm x D37cm.

CL price £157.25 (usually £185) plus £20 p&p



PAINTED OPEN WALL SHELF

This attractive country-style, painted-pine open wall shelf offers an elegant storage solution for any room in the house. The three generous shelves are ideal for holding a variety of items, from china to preserves, books or toiletries. The unit is supplied with four brackets for wall mounting.

Measurements: H96.5cm x W89cm x D15cm.

CL price £199.75 (usually £235) plus £15 p&p

NB: All the pieces in the Old English painted range are handmade in Britain and designed to have a rustic look, so the natural characteristics of the wood, such as knots and nicks, have been retained to give individual appeal. All items can be made to measure and an alternative paint or finish of your choice can be arranged for an additional charge.

TO ORDER

Visit shop.countryliving.co.uk/aug15.

Terms & conditions This offer is valid until 16 August 2015 and is subject to stock availability. Cannot be used in conjunction with any other offer. The special 15% discount refers only to the products featured in this offer.

EXPLORE EUROPE

Relax on the island of Crete or discover the many charms of beautiful Budapest

CRETE

The largest of the Greek Islands, Crete offers stunning natural landscapes, such as the Samariá Gorge, traditional hilltop villages and authentic regional food. There are plenty of historical sights to visit, too, including the Palace of Knossos, as well as many glorious beaches to discover. Relax in the sun, enjoy long lunches in the town squares and watch the sun set over the sea.

Prices from £385pp*

Price includes:

- Seven nights' all-inclusive at five-star Hersonissos Palace in Hersonissos
- Flight taxes and fuel supplements

BUDAPEST

The capital of Hungary is one of Europe's most fascinating cities, with an array of art galleries and museums to explore. A trip to one of the numerous thermal baths for a massage or a dip in the healing waters is a must for visitors. There are also plenty of opportunities to shop and dine out on delicious local dishes.

Prices from £185pp*

Price includes:

- Four nights' B&B at the four-star Marmara Design Hotel
- Flight taxes and fuel supplements



Chain Bridge, Budapest



Hungarian Parliament Building, Budapest



Hersonissos, Crete

TO BOOK

Visit traveledit.co.uk/
countryliving or call 01737
336572, quoting CLCHQ for
Crete or CLBUD for Budapest.

Terms & conditions For further information, please call 01737 336572. Offers are subject to availability. Price is per person. *Prices 'from' act as an indication only. Prices will vary depending on dates, flight times, departure airports, duration, number of passengers and travel extras. We reserve the right to withdraw offers at any time. The images used are for illustration purposes only and do not reflect your actual holiday experience. Hotel rating is that of the supplier and may not be the official rating. Travel restrictions, conditions and credit/debit card surcharges apply. Bookings are made with, and subject to the conditions of, weholiday.co.uk (ABTA G3655 ATOL 5360), a company wholly independent of Hearst Magazines UK. Full terms and conditions are available online. Prices correct at the time of going to press, but may go up or down.

HEAVENLY HOLIDAYS

Take to the water on a luxury ship or soak up the magical atmosphere of Andalucía



The Alhambra in
Granada, Spain

EUROPE'S FINEST RIVER CRUISES

Enjoy a fascinating trip along the Rhine, Danube, Moselle, Main, Elbe, Rhône, Seine or Douro on a luxurious four-star superior or five-star vessel with delicious onboard cuisine. Choose from 12 stunning cruises visiting places such as Cologne, the Douro Valley, Trier, Koblenz, Heidelberg, Strasbourg, Basel, Lucerne, Vienna, Budapest, Berlin, Dresden, Amsterdam, Avignon, Arles, Bruges, Paris or Rouen.

Eight days from £999pp or 14 days from £1,399pp.

**Selected departures up to November 2015
and April to November 2016.**

Fully escorted price includes:

- Return rail connections on selected dates from more than 50 regional stations, incl Newcastle, Leeds, Manchester, Glasgow, Bristol, Liverpool, Birmingham, Nottingham and Cardiff*
- Standard-class reserved seat on Eurostar from London St Pancras or flight from a choice of regional airports (at a supplement)
- Four-star superior and five-star cabins with private bathrooms and river views
- Exceptional cuisine with full board throughout
- Extensive fully inclusive touring programmes
- Services of an experienced cruise manager

TO BOOK

Visit traveledit.co.uk/countryliving
and search CLJ14R for River Cruising
or CLRJ1 for Andalucía or call
0871 973 0401** and quote CLM. ☎

CLASSICAL SPAIN: SEVILLE, CORDOBA & GRANADA

Andalucía is one of the most beautiful corners of Europe, with the dramatic Sierra Nevada mountains providing a stunning backdrop. Seville, Cordoba and Granada are three of its finest cities, rich with the historic legacies of the Moors and Romans.

Seven days from £549pp. Selected departures up to November 2015.

Fully escorted price includes:

- Return flights to Malaga from Southampton, Newcastle, Belfast International, Manchester, Luton, London Gatwick, Stansted, Leeds Bradford, Glasgow, Exeter, East Midlands, Edinburgh, Bristol, Birmingham or Dublin
- Six nights' B&B at excellent central three- and four-star hotels in Seville, Granada and Mijas
- Guided tour of Seville – city of the Conquistadors, with its amazing cathedral
- Guided tour of Granada's incredible Alhambra palace
- Visit to Cordoba and its beautiful mosque
- Visit to medieval Ronda – one of Spain's most spectacularly situated cities
- Services of an experienced tour manager



Terms & conditions Prices are per person based on two sharing a twin room. Single rooms and optional insurance are available at a supplement. Subject to availability, terms and conditions apply. Images used in conjunction with Riviera Travel. Additional entrance costs may apply. Cruise duration dependent on selected itinerary. These holidays are operated by, and your resulting contract and booking conditions will be with, Riviera Travel, New Manor, 328 Wetmore Road, Burton-on-Trent, Staffs DE14 1SP (ABTA V4744, ATOL 3430), a company independent of Hearst Magazines UK. *Supplements are applicable for certain regional stations. **Calls from a BT landline will cost no more than 10p per minute; calls from mobiles and other networks may cost more.



RELAX AT OUR SPA EVENT

Join us at Ragdale Hall for an exclusive two-night reader break



From 18-20 October (Sunday to Tuesday), enjoy a wonderful two-night break at this luxurious spa in Leicestershire, plus a special CL reader evening. Stay in a superior room for £369 per person or a standard for £333 per person. You will also each receive a free Decléor gift, worth £29.80.

Your exclusive package includes, per person:

- Check in from 2-4pm, into a room of your choice for two nights sharing
- Two 40-minute treatments per person (choose from prescription facial, body massage, classic manicure or moisturising lavender body treatment)
- FREE Decléor gift per person, worth £29.80, which includes Aromessence Neroli Oil Serum (1ml), Life Radiance Mask (15ml), Hydra Floral Light Cream (15ml) and Systeme Corps (50ml) in a Decléor pouch

- Full use of spa facilities, plus the thermal spa, all classes and gym
- All meals included for your entire stay (breakfast in bed, three-course buffet lunch and three-course dinner)
- Use of the beautiful gardens, tennis courts, croquet lawn, outdoor pool, pitch and putt, and bikes
- Elemis skincare workshop on the Sunday night (18 October)
- 15% off any additional Decléor treatments booked
- Country Living special reader evening on Monday 19 October
- Check out at 2pm

EXTEND YOUR VISIT

Why not book an extra night on Tuesday 20 October for just £169 per person? Price includes all meals, another 40-minute treatment from the choices (left), plus full use of the facilities.

TO BOOK

Visit traveledit.co.uk/countryliving and search CLRE15 or call 01664 433013 and quote CLRE15 to reserve a place on this exclusive discounted event. 

Terms & conditions This offer is subject to availability. Ragdale Hall Health Hydro, Ragdale Village, Melton Mowbray, Leicestershire LE14 3PB. Offer based on sharing a twin/double/triple room for two nights. Third-night option available.



Over 35 years of quality British craftsmanship

Extensive fabric and customisation options

Luxury 14cm deep mattresses on all our sofa beds

Exceptional value compared to the high street



The Lyneham Sofa/Sofa Bed in Linen Cotton Sand

Call 0845 468 0577

or visit willowandhall.co.uk/countryliving
to request free samples or a catalogue

 Willow & Hall
Sofa Beds | Sofas | Beds

Extra wide or swollen feet? try **Cosyfeet**



**FREE
DELIVERY**
with your first order
Enter code **CL0715**
when shopping
online. Offer ends
30/08/15



AS SEEN ON
TV

NEW styles
and colours
for men and
women every
season..

We **FIT** feet others can't fit!

The original, extra wide, extra deep,
extra roomy footwear

All our styles are an extra-wide fitting EEEEE+
for women and HH+ for men.

Specially designed to fit

- Swollen feet
- Extra wide feet
- Problem toes
- Bandaging
- Bunions
- Orthotics

Request your **FREE** catalogue

1. Call **FREE** on
0800 731 0148

2. Request online at
www.Cosyfeet.com

Quote CL0715 for FREE DELIVERY



What makes our shoes
different from the rest?

- Easy to get on and off a swollen foot
- Adjustable for a flexible fit
- Some styles have removable insoles to allow for orthotics

extra deep **extra wide**





TAP INTO YOUR HOME'S VALUE

In a time of house-price increases, radical pension changes, families wanting to pass wealth on earlier and low interest rates, Country Living has teamed up with Responsible Equity Release to help you make your property work for you.

WHAT IS EQUITY RELEASE?

- Equity release has become a popular way to raise tax-free capital from your home to spend as you wish.
- You draw money from your property and you still own your home and can move house later.
- You can choose to make regular or flexible repayments or defer repayment until you or your estate eventually sells the property.

- The cost of releasing equity is at the lowest it has been in years.

WHY RELEASE EQUITY?

Equity release allows you to give your plans a financial boost. Whether that is for home-improvement projects, travelling the world or helping family out at a time when you can all enjoy the benefits, the possibilities are endless. It's tax free and you decide what to do with it.

TO REQUEST A GUIDE

Call 0808 163 5986, quoting CNL523, to request a free 14-page Guide to Releasing Equity, including definitions, examples and next steps, and to discover exactly how much you can release from your property. 

Terms & conditions This is a Lifetime Mortgage and may reduce the value of your estate and could affect your entitlement to means-tested state benefits. To understand the features and risks, ask for a personalised illustration. Only if you choose to proceed and your case completes does Responsible Life Limited charge a fee for advice: the precise amount will depend on individual circumstances but Responsible Life Ltd estimates 1.6% of the loan amount.



URBAN FOLK

Your unique destination for authentic Mediterranean home findings handcrafted by experienced local craftsmen and carefully hand-picked by Urban Folk. Here you can discover hard-to-find small production pieces and internet exclusives.

Featured Salad Bowl is the epitome of Mediterranean Style: Fine red clay masterfully wheel-thrown and on top hand-painted with chic olive wreath designs.

Discover more exclusively at www.urbanfolk.eu



SAVE UP TO 25% IN THE SOFASOFA SUMMER SALE

British manufacturer SofaSofa's latest range contains over 60 different sofa styles, with something to suit every taste and budget. There is a huge range of fabrics from which to choose, including wools, velvets and leathers. All products are handmade in the UK and come with a no-quibble 21 day money back guarantee. What's more, SofaSofa deliver anywhere on the UK mainland, usually in less than four weeks. But the best news of all is that for the next few weeks you can save up to 25% off the entire range in their Summer Sale.

To view the entire range visit www.sofasofa.co.uk or call 01495 244226 to get your copy of the SofaSofa catalogue.

Home sweet home

Love your space



NATIONWIDE

Watch the days pass as you relax under the comfort of a Classic Veranda from Nationwide. Offering wide selections of frames to suit any property, and a choice of glass or polycarbonate roofing, you'll have plenty of options to achieve your dream design. Combine heating and lighting so no matter the season, you may relax in comfort come rain or shine. Each Veranda has a five year guarantee and fitted by qualified Nationwide Veranda installers.

Nationwide is currently holding a Summer Sale, with discounts of up to 25%. To receive a free brochure, visit nationwideltd.co.uk or call 0800 825 0548.



SWOON EDITIONS

From artisan workshops direct to your doorstep, discover new designs every day without the inflated price tag at SWOON EDITIONS. Like the Windsor armchair; hand-crafted from solid pine and upholstered in Oatmeal linen, this archetypal English piece stands on sturdy oak legs with nifty brass-effect castors – just £429 including delivery.

Readers also save £20 on orders over £200 with voucher code COUNTRY.

To order, go to swoon editions.com/country or call 020 3137 2464, quoting COUNTRY.

Expires on 30.07.15.



TITCHMARSH & GOODWIN

For more than 90 years at Titchmarsh & Goodwin we have been handcrafting stunningly beautiful wooden furniture at our workshops in Ipswich in Suffolk. Our highly skilled team of cabinet-makers, woodturners, carvers and French polishers are simply the best in the business at making furniture in the traditional way using the finest English oaks, walnuts and maples. We're very proud of the quality that we can achieve and, as every piece is made entirely from scratch, we can give you something you really want for your home. Call 01473 252158 for a brochure or visit www.titchmarsh-goodwin.co.uk



BUZZING WITH LIFE

A beehive is surrounded by flowers in the height of summer on this Bone China Mug by Jenny Bell. Priced at £11.50 plus P&P, the sign can be personalised (add £1.00) for an extra special gift. See other designs and order from www.jennybell.co.uk or Tel: 01388 665757.

Your beautiful home Style well



STRIKE THE RIGHT NOTE

Wildcard's superb high quality correspondence cards give that distinctive feel to all your invitations and thank you notes. With 25% off for Country Living readers, £8 pack of 8 cards, is now £6. Quote AUGCL at checkout or call 01603 759705. www.wildcardcompany.com

SPRINGVALE LEATHER

Springvale Leather have been hand crafting beautiful British furniture for almost 30 years. Their ranges can be made in any colour leather or fabric, any size and you can alter the comfort to fit your own individual requirements. For more information or to request a brochure, please call 01706 225005 or visit www.springvaleleather.co.uk



STYLISH WIDE FITTING SHOES

Wider Fit Shoes Ltd offers stylish, affordable shoes to fit you perfectly - whatever your width. Today, they are the leading supplier of wide-fitting shoes in the U.K., offering footwear from EE through to 8E fittings. Their entire range of shoes and slippers are adjustable, durable, lightweight and flexible and every purchase is backed by their no quibble guarantee. No wonder they're recommended by foot health professionals nationwide. For a free, colour catalogue or more information please call 01933 311077 or order securely online at www.widerfitshoes.co.uk Please quote 1527MCL for 10% off your first order.



IRIS EARRINGS

Celebrate the arrival of summer with a pair of Christin Ranger's fabulous Iris earrings. Handcrafted in sterling silver and set with beautiful natural amethyst and peridot stones, they are perfect for adding a splash of colour to your look whatever the occasion. £45.

Available exclusively at Metaldeseda.com
Or order by telephone: 01424 773091.
Brochure Available.



FRENCH LUXURY FOR YOUR HAIR

Ever had a hair clip you loved? Our best-selling Rectangle Large hair claw is perfect for your very thick or long hair. Handmade in France, each clip goes through a traditional 10-day finishing process to produce a rich polish you'll adore. Total satisfaction guaranteed, or your money back. £49, free p&p.

Call 01732 883820 or visit Stone-Bridge.co.uk



NOMADS

Beautiful holiday style, cool tunics, pretty print dresses. Fair trade clothing with heart. Free UK Delivery Code CLFP8 (exp. 31/8/15). Ring us for your free brochure 0800 655 6261. See our website for special Summer Offers. www.nomadsclothing.com

The summer look

Feel good this season

ROYCE LINGERIE



Royce Lingerie's wirefree Ultimate Comfort bra offers just that - Ultimate Comfort. This non-padded, seamfree moulded t-shirt bra is made of the softest fabrics and has cotton

lining/pockets included. Its cups consist of four lightweight layers to provide comfort, structure and support.

Royce design wirefree bras for every day comfort, pregnancy and nursing, after surgery, sports and teens.

For your nearest stockist, or to request a brochure please call 01295 265557 or visit www.royce-lingerie.co.uk



CARPET BAGS

Carpet Bags' beautiful range now includes this new Lindy tote bag. It is lined with black cotton twill and inside is a zip pocket as well as an inner open phone pocket. The adjustable leather straps and gold colour buckles add the finishing touches. This is the perfect bag for everyday items plus that little extra. To see the Lindy bag, and the other new styles and carpet designs being introduced this year, regularly visit www.carpetbags.co.uk

All these carpet bags are made in England.

THE TWISTER

The Twister gracefully adds an element of fluidity to your wardrobe, whilst at the same time, provides you with an enduringly versatile cropped style sweater. Team with your favourite jeans, shorts or skirt, or layer over a casual dress when you need a little extra warmth, but still want to feel feminine and elegant. We suggest you select a size bigger than usual, for optimum 'swingability'. On promotion at £59.00. Available from our store www.originalblues.uk Or phone 020 8813 7766.





VIRIDIAN LIQUID IRON

Viridian Liquid Iron contains a unique source of iron from certified organic *Murraya koenigii* leaves together with organic acerola, guava, amla fruit, lemon peel and Arctic wrack seaweed to provide guaranteed levels of B vitamins, vitamin C and iodine. Complemented by organic nettle and dandelion leaf infusions with natural honey and orange oil.

100% Organic Liquid Iron from Viridian Nutrition won 'Best Organic Product' at the Natural and Organic Products Awards this year in London.

Clare McDermott, business development director at Soil Association Certification said: "These awards have become the benchmark for excellence and set a standard for innovation, quality and commitment in the organic sector."

Essential for the healthy production of haemoglobin and red blood cells, iron contributes to the reduction of tiredness and fatigue and contributes to normal cognitive function.

www.viridian-nutrition.com

Health and beauty All your needs

LOOK YOUNGER LONGER™

Regentiv's The Specialist Serum
(With Retinol)



Reviewed as "one of skincare's best kept secrets." A luxurious rich texture of Retinol Palmitate, Vitamin E, Aloe Vera and Sunscreen. So in demand

as it does so much. Lines, wrinkles, crepey eyes, crows feet, lip lines, acne-scarring, open pores, sun and skin damage, uneven pigmentation. Our customers say, "My skin has never been better."

The Specialist Serum can be exclusively yours within 24 hours. 30ml £29.95, 50ml £44.95, 100ml £79.95, 200ml £149 FREE P&P. Tel. 01923 212555. REGENTIV PO BOX 400, Herts, WD17 3ZW or www.regentiv.co.uk



KRILL OIL – THE NEW SUPER OMEGA 3

Omega 3 in Krill Oil is in a unique phospholipid structure which research now suggests is far superior to fish oil omega 3 when delivered to the body for maximum omega health benefits. Krill Oil also provides astaxanthin a highly respected antioxidant and also choline beneficial for brain and memory function. Silvertown Health Krill Oil is eco-harvested to protect nature in the pristine clear waters of the Antarctic.

RRP £24.95, Reader Offer £16.97.
(60 capsules up to two months supply).
Free home spa facial masque with first order.
This offer can be withdrawn at anytime.
Online Order/ more info –
www.silvertownhealth.co.uk
Tel 24 Hour Order Line – 0845 0956 903.

TAKE CONTROL OF EMBARRASSING LEAKS

Make stress incontinence a thing of the past.

The PelvicToner™ is a highly effective toning device specifically designed to help strengthen pelvic floor muscles.

Quick and simple – easy to use and so effective you'll see results within days.

Clinically proven – as good as the NHS Gold Standard and NICE approved.

Low cost – available online for just £29.99 or on prescription, the ONLY pelvic toner available through your GP.

To find out more or to buy a Pelvic Toner™, visit pelvictoner.co.uk 0117 974 3534.



IDYLLIC ESCAPES

COUNTRY LIVING PRESENT A SELECTION OF IDYLLIC RETREATS
FROM WHICH YOU COULD CHOOSE A PEACEFUL AND RELAXING BREAK



BIG HOUSE HOLIDAYS & SUFFOLK COTTAGE HOLIDAYS

SUFFOLK COTTAGE HOLIDAYS

Friendly local agency letting lovely properties

Quaint and traditional, contemporary and funky. Charming holiday cottages throughout Suffolk.
info@suffolkcottageholidays.com Tel. 01394 389189 www.suffolkcottageholidays.com



BIG HOUSE HOLIDAYS

Country houses, barns, mills and beach houses in stunning locations in the UK and beyond.

There's more to share with Big House Holidays.

info@bighouseholidays.co.uk Tel. 01394 389188 www.bighouseholidays.co.uk



BLUE CHIP HOLIDAYS

Premium cottages, lodges and apartments in the UK's finest destinations.

Browse our collection of over 1000 special places to stay across Devon, Cornwall, Dorset, the Isle of Wight and Yorkshire. From quaint cottages that welcome dogs to elegant apartments that look out to sea, you'll find your perfect holiday home with Blue Chip Holidays.

Call: 0333 331 4255
bluechipholidays.co.uk



THE FUZZY DUCK, ARMSCOTE, WARWICKSHIRE

The Fuzzy Duck is a quintessentially English country pub and boutique B&B, set in the picturesquesque hamlet of Armscote.

Recently refurbished by the family behind Baylis & Harding, it offers the perfect retreat and an ideal base to explore

Shakespeare's haunts and the stunning Cotswold countryside.

Enjoy a romantic supper, family feast, lazy lunch or indulgent dinner in the sophisticated restaurant
where the style is 'Contemporary Cotswold' featuring local flavour combinations.

www.fuzzyduckarmscote.com
01608 682 635



ISLE OF WIGHT AND DORSET HOLIDAY COTTAGES

Charming cottages in beautiful rural and coastal locations situated throughout the Isle of Wight & Purbeck, Dorset. Pretty thatched cottages, farmhouses, stone cottages with stunning sea views in picturesque villages. Some cottages with swimming pools.

Graded by the tourist board 3 - 5 Stars.

Telephone 01929 481555
www.islandcottageholidays.com
www.purbeckcottageholidays.com



NORTH NORFOLK

Peace - tranquility - comfort

Relax & unwind for a couple of days or week or two in a private & luxurious haven just minutes from the beach.

Very comfortably sleeps 8 people together with a secure garden for children & dogs.

Large off-road car-park & garage.

www.morstoncreek.com
Tel: 07584 247863



SUFFOLK SECRETS

Choose from over 350 VisitEngland approved cottages in Southwold, Aldeburgh and across Suffolk including coastal, countryside and pet-friendly properties.

View our wonderful selection online or call now to order your free brochure.

01502 722717
www.suffolk-secrets.co.uk
Offices in Southwold, Aldeburgh and Woodbridge



CREEKSIDER COTTAGES Near Falmouth, Cornwall

Waters-edge, village and rural cottages sleeping 2 - 8. Enchanting picturesquesque positions, peaceful and comfortable. Open fires. Dogs welcome. Available throughout the year.

For our colour brochure, please call 01326 375972
Or visit our web site www.creeksidecottages.co.uk



PRIDE OF BRITAIN HOTELS

We've selected and approved 50 of the best independently owned luxury hotels and spas around Britain for you to enjoy.

Share the luxury by sending someone special a Pride of Britain Gift Voucher.

To order gift vouchers or your free hotel directory call Freephone 0808 163 3764 or visit www.prideofbritainhotels.com



COASTAL HOLIDAYS AND LAKELAND ESCAPES

A fine selection comprising hundreds of hotels, B&Bs, guest houses, self catering properties and campsites around our beautiful coastline or the stunning Lake District National Park. Many of our properties may be booked directly with the owner, saving you (and them) £s in fees!

Whatever your budget, choice of accommodation or destination, try us first for your perfect getaway.

www.lakelandaccommodation.co.uk
www.coastal-accommodation.co.uk



DART VALLEY COTTAGES

Dart Valley Cottages offer a superb collection of self-catering holiday cottages in South Devon on and around the River Dart, Dartmouth and Dittisham, surrounding rural and coastal villages.

Perfect locations for couples and family holidays. Discover great coastline, award winning beaches and beautiful countryside.

01803 771127
www.dartvalleycottages.co.uk



EXPLORE THE UK & IRELAND

Established in 1988, our brochure and website contains more than 550 B&Bs throughout the UK and Ireland. The private homes, ranging from cottages to grand country houses, have been inspected and chosen for their warm welcome and quality of accommodation. Many welcome dogs, have facilities for the less mobile and NCS gardens.

For a brochure - T: 01255 672 377
E: office@bbnationwide.co.uk
or visit www.bedandbreakfastnationwide.com





BETTER, BY A COAST & COUNTRY MILE

Over 430 holiday properties in Salcombe, Dartmouth and throughout the beautiful South Devon coast and countryside. From romantic hideaways and beautifully renovated farmhouses, to luxury waterside apartments and cosy thatched cottages, we know our properties better than anyone and can help you choose the best one for your holiday. We'll make sure everything is perfect from the moment you arrive and are here to help throughout your stay. Special offers. Couples Discounts. Dog-Friendly properties. Baby-Friendly properties. VisitEngland Quality Accredited Agency.

Choose from some fabulous properties including Oversteps House, Salcombe (pictured left), a stunning waterfront house (sleeps 16) and 32 Dart Marina (sleeps 4) (pictured right) in Dartmouth, a luxury first floor apartment with beautiful views of the River Dart.

Call 01548 843773 to order a free 2015 View magazine or book online coastandcountry.co.uk



DALVARO ART AT "LAS ORQUIDEAS" – A DIFFERENT TYPE OF PAINTING HOLIDAY

Inclusive painting holidays with a selection of world renowned artists, art tutors and demonstrators waiting to instruct, inspire and invigorate the artist within you.

Arrive at the airport and relax, everything you need for that perfect painting holiday is provided. Private airport transfers to our hillside villa, which is your home for your stay. Choice of Saturday or Sunday arrival. Three meals a day. Drinks provided. Snacks and refreshments available throughout the day. All rooms private en-suite. Choice of watercolour, pastel, acrylic or oil tutors.

Minimum twenty-five hours tuition. Small groups.

Return home fully refreshed, rejuvenated and inspired to continue your painting experience.

For more information please contact Dolores Alvaro; email: lolialvaro@dalvaro.es

Tel: 0034 962217226. Visit our website for full information of dates and tutors: www.dalvaro.co.uk



TRELLOWARREN HISTORIC ESTATE

5★ (Gold Award) self-catering cottages on the historic Trellowarren Estate. 1000 acres of peace and tranquility just ten minutes from beautiful beaches like Kynance Cove, the wooded Frenchman's Creek, and the romantic Helford River.

Enjoy a treatment in the Walled Garden Spa, a swim in the heated ozone pool, dinner in the award winning restaurant and, of course, all the wonderful walks around the estate.

All of our houses have wood burning stoves, are dog friendly and are furnished to the highest standards.

Telephone: 01326 221224 Web: www.trelowarren.com

COQUET COTTAGES *experience Northumbria in style*



COQUET COTTAGES

We have a collection of exceptional, luxury holiday cottages, all privately-owned and in the most enviable coast and countryside locations of beautiful Northumberland.

01665 710 700
www.coquetcottages.co.uk



DEVON HOUSE BOAT HOLIDAYS

Hidden away near the North Devon coast lies a unique holiday experience. Amidst 35 acres of unspoilt countryside lie Swallow Tail, Painted Lady and Clouded Yellow, nestled among the rushes on their own private lake. Each 50ft barge offers accommodation for 4 - 5 in ensuite cabins. Fishing, birdwatching, wildlife and peace. Available for short or weekly breaks.

www.blagdonwater.com
01409 255730



BRECON BEACONS HOLIDAY COTTAGES

For that perfect break, we have over 350 great cottages in superb locations in and around the Brecon Beacons National Park, Black Mountains and Wye Valley. Romantic cottages for 2 people, rustic farmhouses and large country houses some sleeping 20, with oak beams and open fires. Pretty villages, good pubs, hill walking, pony trekking, mountain biking and fishing. Pets Welcome.

www.breconcottages.com 01874 749914



BARSHAM BARNs RURAL CHIC IN NORTH NORFOLK

Find out why everyone is talking about Barsham Barns! Seven stunning contemporary barn conversions sleeping from 4 to 14, full of sunlight and space, where families or groups of friends can enjoy rural peace in beautifully designed interiors. Each has private outdoor spaces for playing or relaxing, luxuriously equipped with everything you could possibly need, and all within 5 miles of the North Norfolk coast.

See us: www.barshambarns.co.uk Talk to us: 01328 821744



LAKELAND HIDEAWAYS

Cottages in and around Hawkshead in the heart of the Lake District • local, friendly agency with choice of 60 cottages • short breaks available • pets welcome in many and free fishing • award winning website, online booking

www.lakeland-hideaways.co.uk
Tel 015394 42435



EXCLUSIVE LUXURY HOLIDAY PROPERTIES IN THE UK AND IRELAND

A Rural Retreats property has been carefully chosen for its beautiful interior as well as its idyllic setting. With a portfolio of over 300 properties throughout the UK and Ireland, from cottages to country houses for 2-24 guests, many with flexible start days and 2 night stays, there's sure to be a property that will be perfect for you and your family.

Request your NEW 2015 Brochure out now!
www.ruralretreats.co.uk or telephone 01386 701 177



KEEPERS COTTAGES

A unique selection of high quality holiday homes situated on the east Kent Coastline, one of Britain's most fashionable places to stay. Whether guests are planning a romantic escape, a family get together or anything in between, Keepers Cottages will always put them first.

Telephone 01304 370939
enquiries@keeperscottages.co.uk
www.keeperscottages.co.uk



FLINT BARNs – RATHFINNY WINE ESTATE

Beautifully restored to the highest standard. Accommodation to sleep up to 47 in a group or individuals on a B&B basis. All rooms en suite and home cooked evening meals available on request.

Tours, tastings and Vineyard Trail available on site.
www.flintbarns.com
01323 874 030 rathfinnyestate.com

COUNTRY DIRECTORY

167 ARTS, CRAFTS & GIFTS	173 GARDENS & GARDEN
173 BEDS & BEDDING	FURNITURE
175 BUILDING & HOUSE	173 GATES & FENCING
DECOR	177 GENERAL INTEREST
176 CONSERVATORIES	168 HOME INTEREST
177 COUNTRY BREAKS	168 HOUSE & GARDEN
177 COURSES	175 HOUSEHOLD
177 FASHION	171 HOUSESITTING
172 FIRES, STOVES & HEATING	174 KITCHENS
176 FLOORS & FLOORING	176 LAMPS & LIGHTING
176 FURNITURE & FURNISHINGS	177 PETS & LIVESTOCK
	177 PROPERTY
	171 SOFT FURNISHINGS

WIN A TWO NIGHT MIDWEEK BREAK

Win a two night break at the beautiful Monk Fryston Hall Hotel (www.monkfrystonhallhotel.co.uk 01977 682369), located deep in the Vale of York. This 13th century grade II* Manor House boasts inglenook fires, oak panelled bar and 30 acres of delightful gardens, lakes and ancient woodland waterways. The offer is for a two night midweek break with dinner on one night (from the Market Menu) for two people to be taken between 1/10/15 and 3/12/15 excluding school holidays and subject to availability. Use these clues to find four advertisers who can be found in the Classified section of this month's issue of Country Living.

- Kitchenware from south-west county.
- Aqua-coloured garden furniture?
- Canine takeaways.
- Staircases with poise and elegance.

Send your answers on a postcard to: CPCNLP15333, Hearst Magazines UK, The Data Solutions Centre, Worksop S80 2RT.

The closing date for entries is 31st August 2015. NB: One entry per household. Not open to employees of Hearst Magazines UK (or their relatives).



Arts, crafts & gifts

OAK AT HOME
DESIGNED
HANDMADE
PERSONALISED
GIFTS

www.oakathome.co.uk



01794 330519



Mr MOLE
Personalised fleece blankets
for all ages, 6 sizes, 23 colours
Tel: 01482 440221
www.mrmoleblankets.co.uk [f](https://www.facebook.com/mrmoleblankets)

Don't forget
the confetti!



Handpicked Flower Petals
Create your own bespoke mix
Save 20% with code CLSUMMER
www.confettidirect.co.uk
01386 555045



Sue Fenlon Art

wild flower paintings.
original paintings, prints,
cards and gifts

www.suefenlonart.co.uk
sue.fenlon@btinternet.com

THE OAK AND ROPE COMPANY

UNIQUE &
PERSONAL



WWW.THEOAKANDROPECOMPANY.CO.UK 01227 469 413

UNIQUE
HANDCRAFTED
TABLEWARE

NICHOLAS MOSSE



Full Range Available at NicholasMosse.com

NELSON & FORBES
SCULPTURE COMPANY

Sue MacLaurin
Moon Gazing Hare
12cm High, Edition 250
£195.00 Free P&P

Sue MacLaurin
Running Cat
15cm Long, Edition 250
£240.00 Free P&P

Sue MacLaurin
Flying Hare II
14cm High, Edition 250
£250.00 Free P&P

THE ART OF THE PERFECT GIFT
Solid Bronze Sculpture, Handmade in Britain and Beautifully Boxed
Call 01442 256290 for brochure or visit nelsonandforbes.co.uk

PENELOPE TIMMIS CONTEMPORARY ART

pennytimmis@yahoo.co.uk www.penelopetimmis.co.uk
July Exhibitions: Hampton Court Flower Show and Blooming Marvellous Flower Show
Shropshire Studio/Gallery open by appointment

YOUR TAPESTRIES & NEEDLEWORKS...

Beautifully stretched and made-up into cushions, wall hangings, bell-pulls, rugs, etc. Experienced professional quality 21 day service. Unfinished tapestries and needleworks completed. Designs painted on canvas. Specialist framing service. Multi-panel rugs completed and made-up. www.sarabarnsneedlework.co.uk

SARA BARN'S NEEDLEWORK The Old Swan, 5 School Road, Great Massingham, Norfolk PE32 2JA
TEL. 01485 520151

BYGONE NEWSPAPERS
Anniversary & Birthday Gift Ideas

- ORIGINAL Daily Newspapers 1847 - 2015
- A perfect gift to commemorate any special occasion
- Each newspaper is accompanied with a Certificate of Authenticity
- We offer a great range of high quality nostalgic gifts

For Free Details **FREEPHONE 0800 138 0990** to 8pm
Int: 00 44 1934 412844
www.brygonnews.com/clm

PRISON ART
Purchase a Painting and Change Someone's Life
www.burnbaketrust.co.uk

House & Garden

Back from Black
Beam Renovation Ltd

RENOVATING BEAMS SINCE 1997

BEAMS RENOVATED WITHOUT MESS!
A UNIQUE PROCESS - NO SANDBLASTING
NO CHEMICALS
Tel: 01797 458508
WWW.BEAM-RENOVATION.CO.UK

Home Interest

NIGEL TYAS
IRONWORK

HANDMADE
YORKSHIRE

0126
766618
www.nigelyas.co.uk

The colour of summer from
cornishware.co.uk

CORNISHWARE®
BY T.G. GREEN

Summer Sale now on.
Save up to 30%

Chartwell 3 seater sofa was £669 - Now £499

Call 01495 243999
or visit www.kirkdale.co.uk

Kirkdale



unfitted

Redefining Classic Kitchens & Bathrooms

Whether its traditional or classic, fitted or freestanding, our kitchens and bathrooms are refreshingly different. Register online for a brochure and free no obligation design service.

Commissions fulfilled throughout UK, Europe and worldwide.

Hope House High Street Moreton-in-Marsh Glos GL56 0LH
www.unfitted.co.uk info@unfitted.co.uk 01608 650065



gorenje
Quooker

Give your old staircase
a new style



10 yr
guarantee

UP TO
25% OFF*
ALL STAIRCASES IN OUR
SUMMER SALE

The right staircase can really bring out the beauty of your home. We make it easier than ever to update your existing staircase by giving it a complete design makeover – **in as little as 48 hours**. Get inspired. Call now for a free design visit.

- Contemporary and classic styles
- Wood, metal, glass and lighting options
- No structural work needed
- Nationwide service

■ Call **0845 164 5090**

■ or visit www.jamesgrace.co.uk

JAMES GRACE
Taking staircases to another level

*For bookings made until 31st July 2015. The summer sale offer cannot be used in conjunction with any other offer.

REMOVABLE, WASHABLE AND NOW EVEN MORE AFFORDABLE IN OUR SUMMER SALE



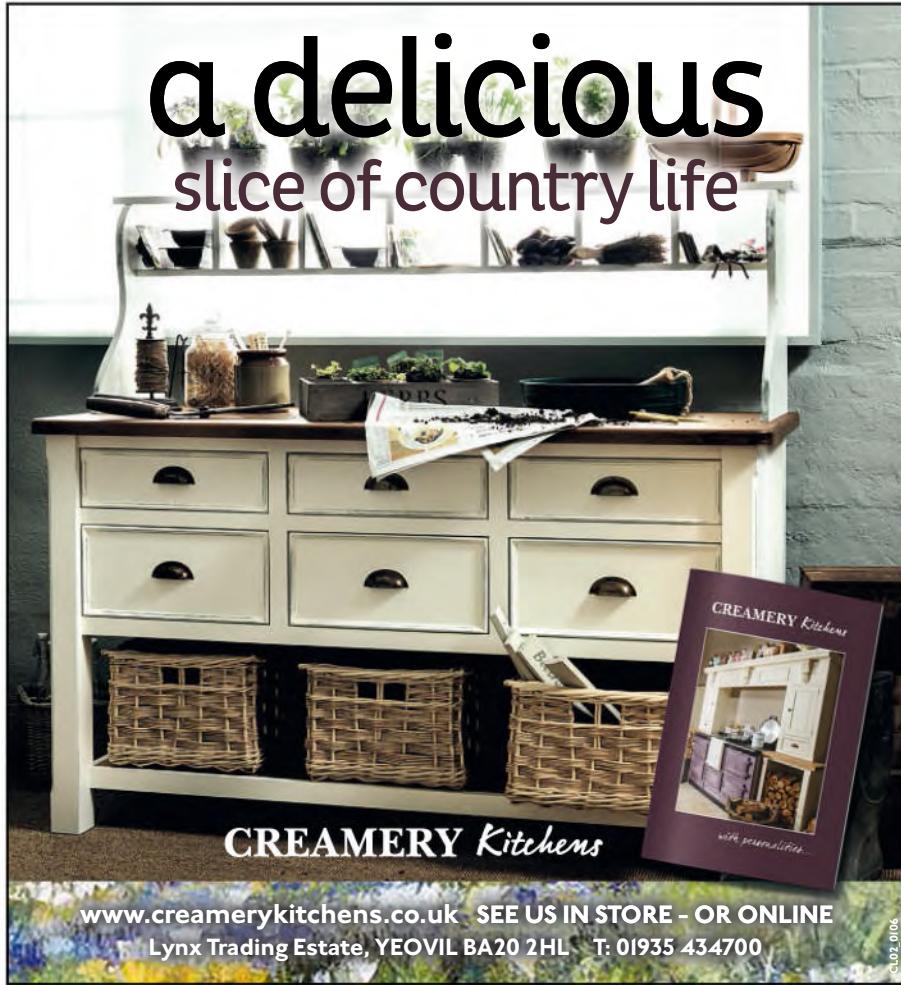
Newport sofa **was £439 - now only £329**

- No risk money back 21 day home trial
- 5 year hardwood frame warranty
- Delivered direct from our factory to your living room
- All made in Great Britain ● Delivery within 4 weeks
- Over 20 sofa designs in fabric and leather
- Direct from the manufacturer prices

OAKRIDGE
SOFAS & CHAIRS DIRECT

For a free brochure call
01685 844944
www.oakridgedirect.co.uk

a delicious slice of country life



CREAMERY Kitchens

www.creamerykitchens.co.uk SEE US IN STORE - OR ONLINE

Lynx Trading Estate, YEOVIL BA20 2HL T: 01935 434700



NOTHING SIMILAR IS QUITE THE SAME

LIGHTING & HOME

www.jim-lawrence.co.uk

CALL
01473 826952
FOR A FREE
BROCHURE

VELVET INTERIORS



Antique and Vintage Home Interiors from Somerset

01935 823857

www.velvetinteriors.co.uk



A woman & her shed

Teresa Wright and her Warwick Buildings
Dog Grooming Studio

What
would
you do in
yours?



01926 815 757
warwickbuildings.co.uk

DH DAIRY HOUSE ANTIQUES & INTERIORS

DAIRY HOUSE ANTIQUES, STATION ROAD,
SEMLEY, DORSET SP7 9AN

TEL 01747 853317

WWW.DAIRYHOUSEANTIQUES.COM



Artisan
POSTBOXES & SIGNS

For inspiration browse
www.rockartisansigns.co.uk
or call 01327 351561 for a brochure

CAST METAL MADE TO LAST FROM OUR FOUNDRY

Order the 'Sheila Maid'®

online from
www.sheilamaid.com
or by telephone:

+44 (0)1307 468589

OUR ICONIC CAST IRON & NATURAL PINE CLOTHES
AIRER IS THE ECO WAY TO DRY EACH DAY™
HAND FINISHED ROUND EDGED RAILS - TRADITIONAL
CURVED SHAPE - AVAILABLE IN 4 RAIL OR 6 RAIL
OPTIONS. 7 COLOURS AVAILABLE

4 Rail Option

57" £59 6ft £62 7ft £65

6 Rail Option

57" £82 6ft £85 7ft £88

Nutscene (1922) Ltd,
Forfar, Angus DD8 2RG
www.nutscene.com

Cast Iron
Colours:

Original (clear lacquer)

Black

White

Red

Blue

Green

Ivory

Creating your perfect footstool is so easy...



The Footstool
Workshop

www.thefootstoolworkshop.co.uk

01443 831981

Ella James ❤
www.ellajames.co.uk

'Lazy Days' Tassel Hammock £69



Buy online at www.ellajames.co.uk

Email: info@ellajames.co.uk Telephone: 01572 759 190 for Mail Order
Use the code CLREADERS07 to receive a 15% discount at the checkout

MARLBOROUGH

MAKERS OF FINE ENGLISH TILES



WALL & FLOOR TILES

FREE Wall & Floor brochures
Online Wall & Floor e-brochures

Call, visit our website or your
local retailer to receive brochures
01672 515287/ 512422
www.marlboroughtiles.com

The Idler

Sprung Cushions

Marine Canvas

Washable Covers

Folds away

Stainless Steel

Made for the British Summer

See us at the Chelsea Flower Show stand PW17



WHY NOT BE A WRITER?

As a freelance writer, you can earn very good money in your spare time, writing the stories, articles, books, scripts etc that editors and publishers want. Millions of pounds are paid annually in fees and royalties. Earning your share can be fun, profitable and creatively most fulfilling.

To help you become a successful writer we offer you a first-class, home-study course from professional writers – with individual guidance from expert tutors and flexible tuition tailored to your own requirements. You are shown how to make the most of your abilities, where to find ideas, how to turn them into publishable writing and how to sell them. In short, we show you exactly how to become a published writer. **If you want writing success – this is the way to start!**

Whatever your writing ambitions, we can help you to achieve them. For we give you an effective, stimulating and most enjoyable creative writing course... appreciated by students and acclaimed by experts.

It's ideal for beginners. No previous experience or special background is required. You write and study at your own pace – you do not have to rush. **Many others have been successful this way.** If they can do it – why can't you?

We are so confident that we can help you become a published writer that we give you a **full refund guarantee.** If you have not earned your course fees from published writing by the time you finish the course, we will refund them in full.

If you want to be a writer start by requesting a free copy of our prospectus 'Write and be Published'. Please call our freephone number or visit our website NOW!

COURSE FEATURES

- 27 FACT-PACKED MODULES
- 2 SPECIALIST SUPPLEMENTS
- 20 WRITTEN ASSIGNMENTS
- ADVISORY SERVICE
- TUTORIAL SUPPORT
- FLEXIBLE STUDY PROGRAMME
- STUDENT COMMUNITY AREA
- HOW TO PRESENT YOUR WORK
- HOW TO SELL YOUR WRITING
- 15 DAY TRIAL PERIOD
- FULL REFUND GUARANTEE

www.writersbureau.com

☎ **FREEPHONE** **Quote:**
24 HOURS **JZ2715**

0800 856 2008

email: 15W1@writersbureau.com
Please include your name and address



Hannah Evans, Winchester "I've been published in The Guardian and Good Life earning £400. And now I've got my first book published by Bloomsbury called MOB Rule: Lessons Learned by a Mother of Boys. The Writers Bureau course provided me with structure, stopped my procrastination but most importantly it provided the impetus to try something different."

Kris Roberts, Somerset "When I first saw my words in print it was life changing. Someone else had read my work, believed in it, paid for it, and put it out there for others to see. As more articles made it to press, my confidence grew and I found I wanted to inject some of myself into my writing. At the time of writing this I have received £1,197 for my work."



Jane Isaac, Northamptonshire "When I started the Writers Bureau course, I wanted to explore avenues for my writing and develop and strengthen my personal style. I had no idea that it would lead to me being a published writer of novels and short stories. I still pinch myself when I receive emails and messages from readers who've enjoyed my work or when I give talks to book clubs and visit bookstores to do signings. These are magical moments that have changed my life – my dream has come true."

YES! Please send me free details on how to become a successful, freelance writer.

NAME

ADDRESS

POST CODE

EMAIL

Freepost RSSK-JZAC-JCJG

The Writers Bureau

Freepost JZ2715

Manchester, M3 1LE



Members of BILD and ABCC

The finest of British Country Outbuildings



Oak Fronted Carriage Houses & Stand Alone Timber Garages

PASSMORES

Est 1909

High Street, Stroud, Kent ME2 4DR

Tel: 01634 290033

www.passmores.co.uk • info@passmores.co.uk

Housesitting

Who will cherish your pets, care for your home, baffle the burglars and reduce your insurance premium?

The original
Homesitters®



24 hr brochure line 01296 630730 or www.homesitters.co.uk

We stay when you're away

MYLLBANK
BOARDING
CATTERY



A family run establishment in the peaceful countryside just off J10 M20.
www.myllbankcattery.co.uk
01233 732284



The Home Service



"We care when you're not there"

Nationwide house-sitting service
Run by animal lovers for animal lovers
Fully vetted and insured sitters

08451 303 100
www.housesitters.co.uk
office@housesitters.co.uk

Soft Furnishings

helen izzard designs
bespoke soft furnishings and accessories



www.helenizzard.co.uk



dip-san®

The Hygienic Toilet Brush.

After use return the brush to its holder and push down the handle of the spring return head into the reservoir of dip-san cleaning fluid.

Simply hygienic.

Lifetime Guarantee conditions apply

Buy at dip-san.com and amazon

Good Housekeeping Institute APPROVED 2015

Made in UK

FabricWorld

"Top quality reasonably priced!"
Curtains, blinds and pelmets etc made to measure & installed.
Thousands of fabrics, poles etc.
Call now for a home visit by a professional Interior Designer
0208 688 6282 01372 723 640
Croydon Epsom
fabricworldlondon.co.uk



OLIVE+DAISY
www.oliveanddaisy.co.uk
07447 628186

Just Interiors

Discount designer fabrics
All top quality - not seconds
Premium poles & tracks
Linings & accessories
Curtains & blinds made-to-measure
Tailor-made bespoke service available
01666 238925
www.justinteriorsonline.co.uk

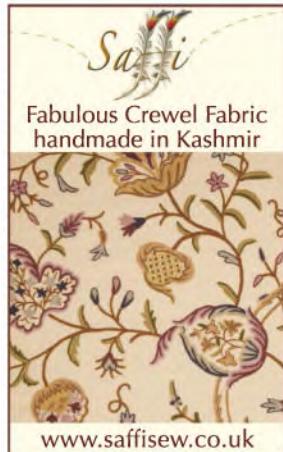


The Braided Rug Company

www.braided-rug.co.uk 01654 767248



Machine washable rugs and runners. From £29.



Saffi
Fabulous Crewel Fabric
handmade in Kashmir

www.saffisew.co.uk

Fires & Stoves

STOP HEAT LOSSES



NOW YOU CAN MAKE YOUR FIREPLACE SAFE, CLEAN AND EFFICIENT, YET STILL SEE THE FIRE. Fit A&M Glass Fireplace Doors over the fireplace opening and you will save heat, reduce draughts and enjoy a real fire without risk. Also MESH SPARK CURTAINS made to measure.

A & M ENERGY FIRES Dept. CL8
Pool House, Huntley, Glos GL19 3DZ
www.energyfires.co.uk

TELEPHONE: 01452 830662

Fires & Stoves

Ludlow Stoves



Italian wood burning cookers,
stoves, boilers and pellet heaters
to suit every budget

Nectre Bakers oven
5.5 - 8.5 KW output
Glass Firebox & oven
Dimensions (WxHxD):
550x825x540mm
£1,950 inc vat & delivery.

Free Log moisture meter
with every stove purchase

Tel: 01584 861628
info@ludlowstoves.co.uk
www.ludlowstoves.co.uk



The Woodburning Stove... perfected

Watch
owners' videos
on our website

Come home to a Clearview Stove

British designed and built, a Clearview Stove is that rare thing, a product that truly lives up to its name and reputation, lifting your spirits as well as the temperature.



STOCKISTS THROUGHOUT THE UK

Brochure Line: 01588 650 123 www.clearviewstoves.com

Established 1977

town & country fires



Caedmon 7.5kW

One of Britains leading manufacturers of multi-fuel stoves. Our stoves have an exceptionally clean combustion and are up to 84% efficient - models also available for burning wood in smoke control areas.

Now available wood and pellet stoves, boilers and fireplaces from Italy.
For a colour brochure and your nearest stockist phone 01751 474803

www.townandcountryfires.co.uk



Rhino Premium 8x10 - Silver Sage



RHINO

0800 694 1929
rhinogreenhouses.co.uk

For an exclusive extra discount off our SALE prices - Please quote CL15. Cannot be used with any other offer.

Strong can also be beautiful!

Whether you choose Silver Sage, Antique Ivory, Bay Tree Green or Blue Grass, our contemporary colours are all designed to compliment your garden. With a Rhino, however beauty is far more than skin deep!

Thanks to its class leading features and ventilation your plants will really thrive, making gardening in a Rhino such a joy.

Rhinos are safe and very strong. The 4mm toughened glass will protect you and your family. A Rhino will also protect your bank balance, being around half the price of similar quality greenhouses because we sell direct from our UK factory!

Pay us a visit, in person or online to see what all the fuss is about.

Beds & Bedding



200
Years
British
CRAFTSMANSHIP

REVIVAL
BEDS

Hand-crafted to last
for a lifetime

18 bed designs available
in any size

- Free delivery and installation
- Money back promise
- 10 year guarantee

01777 869 669
www.revivalbeds.co.uk

Gates & Fencing

The Cleft Wood Co.



Bespoke
hand
made
cleft
oak
gates
and
fencing.

www.cleftwood.com Tel :01296 730930 enquiries@cleftwood.com

francis bay



Bringing you gorgeous Canadian
Muskoka Chairs since 2005
Check out our new Driftwood finish at:
www.francisbay.co.uk
01443 201410



Garden Affairs
Quality Garden Buildings



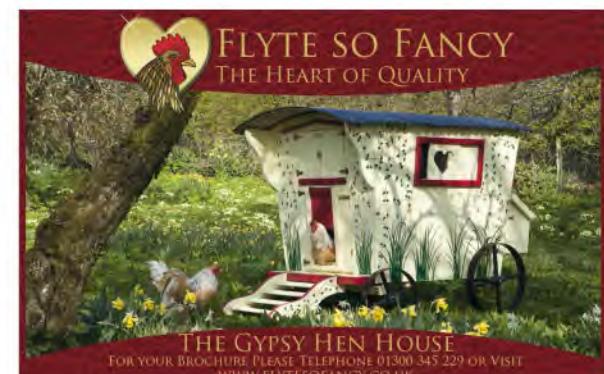
Summerhouses, Gazebos, Offices, Studios, Garages, Log cabins

For a brochure tel: 01225 774566

www.gardenaffairs.co.uk



Bespoke Quality Metalwork
Made in the UK
www.blackfoxmetalcraft.co.uk
0161 681 4293



THE GYPSY HEN HOUSE
FOR YOUR BROCHURE PLEASE TELEPHONE 01300 345 229 OR VISIT
www.FLYTESOFANCY.CO.UK

feel good furniture

CS221 £714.99
excludes parasol & cushions



LT176 £299.99
includes free cushion



CS476 £299.99

✓

✓

✓

✓

Superb craftsmanship & style across our entire range • Sustainably sourced Grade A Plantation Teak & All-Weather Rattan Garden Furniture

British made ironwork



catalogue available
01225 851577
garden-requisites.co.uk

GARDEN
REQUISITES

quality & value

LT604 £214.99
with wheels & free cushion

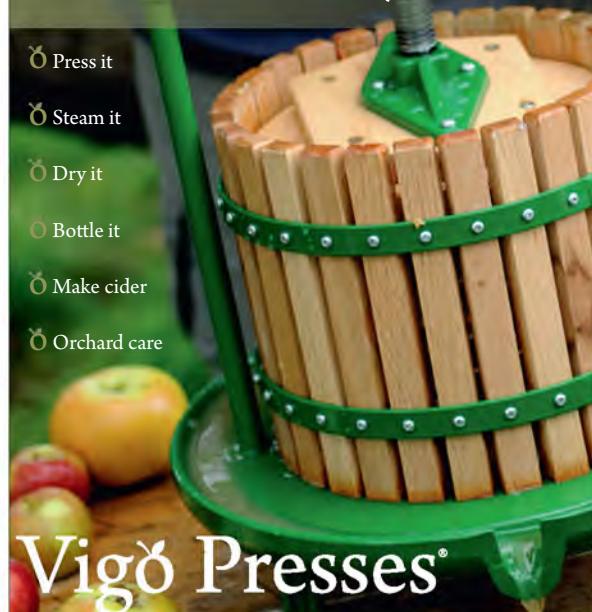
LT602 £189.99
includes free cushion

3 WAYS
TO BUY ➤ ONLINE ➤ PHONE ➤ SHOWROOM
cyan.co.uk | 020 8655 6240

Unit 8 Gateway Business Park Station Approach Coulsdon Surrey CR5 2NS
Showroom Open Monday - Saturday: 9am-5pm • **Fast nationwide delivery**

Make the most of your fruit!

- Press it
- Steam it
- Dry it
- Bottle it
- Make cider
- Orchard care



Vigo Presses®

www.vigopresses.co.uk Sales:01404 892101
Brochure:01404 890265

Handmade oak
tree swings
www.treeswings.co.uk



Tel: 01244 661752
**Tree
Swings.co.uk**

Kitchens

**CHANGE
TODAY
CHOOSE
FAIRTRADE**

For details of classified
advertising call 020 3728 6260



Range Cooker

The EL13Amp combines tradition and innovation: this beautiful cast iron cooker has two electric ovens, a grill and plate-warmer, as well as a cast iron and induction hob.

The EL 13Amp retails from £6,175 inc. VAT



01282 813235
enquiries@esse.com
esse.com



Designed and made by Howdens.
Supplied and fitted by your local builder.

Visit www.howdens.com to see our full range of kitchens and joinery products, or call 0800 6888 167 to request a brochure.


HOWDENS
JOINERY CO.
MAKING SPACE MORE VALUABLE

Building & House Decor

Homestead
TIMBER BUILDINGS

a building for every lifestyle...



FULLY INSULATED AND DOUBLE-GLAZED BESPOKE TIMBER BUILDINGS FOR USE AS:

Summerhouses • Offices • Studios • Gyms
Hobby & Games Rooms • Workshops

Call: 01491 839379

www.homesteadtimberbuildings.co.uk

VISIT OUR SHOWSITE – open 7 days a week

CALL NOW FOR YOUR
FREE
BROCHURE

Household


Wipe Easy
Tablecloths

Wipe Easy Tablecloths

Keep your home beautiful with our stylish range of wipeable tablecloths.



Huge choice of patterns custom cut to size

Free Samples

To order your free samples, visit our website
www.wipeeasytablecloths.com



01606 833 886

fairfield framing

Picture Framing Workshop
in Bourne End

 01628 529646

 07976 883856

debparish@aol.com

Established since 1998


Pebbles to Sand
coastal finds & interiors



www.pebblestosand.co.uk

Tel: 01295 738531

Enjoy your garden all year round with a Glass Veranda from Eden



- Wide range of bespoke designs available
- Huge choice of frame colours and weatherproof finishes
- Manufactured in all shapes and sizes
- Our glass verandas can be converted into an open glass room at any time
- **10 year guarantee**

CALL FOR A FREE NO OBLIGATION QUOTATION AND BROCHURE

0800 107 2727 Quoting CL02/07

www.edenverandas.co.uk

Or write to: Eden Verandas Ltd, FREEPOST RTCG-SEBB-KJAH, Unit 13 Armstrong Mall, Southwood Business Park, Farnborough, GU14 0NR. *Terms & conditions apply. Correct at time of printing, please see website for latest offers. †Limited offer, first 100 customers only.

UP TO **20% OFF***
PLUS GET A FREE



PATIO SUITE[†]

eden
VERANDAS

FLOORS of STONE



01509 234000

www.floorsofstone.com

Cotes Mill, Nottingham Road, Loughborough, LE12 5TL

SCUMBLE GOOSIE
"Extraordinary name."  "Extraordinary furniture."



BEDS BOOKCASES CHESTS CLOCKS
CONSOLES CUPBOARDS LAMP BASES
MIRRORS SEATING TABLES TV STANDS
WARDROBES WALL SHELVES ETC ETC

HANDMADE IN SUSTAINABLE
SOLID HARDWOOD
BESPOKE SERVICE AVAILABLE

www.scumblegoosie.com

01453 731305

COVELLI TENNANT
Vintage Textiles &
Bespoke Upholstery



07855 256 007
07971 043 916
www.covellitennant.com

SUBSCRIBE TO ONE OF OUR
TOP-SELLING MAGAZINES



VISIT
www.hearstmagazines.co.uk

OLLERTON Rugs & Carpets

FREE Brochures

FREE Samples



Make a Statement on your Floor with Carpets, Rugs & Runners
WOOL Twist • Velvet • Loop NATURAL FLOORING Coir • Sisal • Seagrass Plain • Striped • Patterned • Bespoke
Delivered direct to your home, from a company built on over 25 years experience in supplying carpets & rugs Nationwide

www.ollertonrugsandcarpets.co.uk TEL 01565 755376

**Osmo's PolyxOil Rapid,
complete treatment in
just one day**

OSMO UK

Unit 24, Anglo Business Park, Smeaton Close, Aylesbury,
Bucks HP19 8UP Tel: 01296 481220 Fax: 01206 424090
www.osmouk.com info@osmouk.com



JANE KNAPP LIGHTING



Brochure 01225 463468 www.janeknapp.com

General Interest

The Brighton Hotel

The Grade II listed hotel is one of the most charming hotels in Brighton where you are guaranteed a warm & personal welcome.

It is located on the seafront directly opposite the famous Brighton Bandstand and very close to the old West Pier and to the site of the proposed i360 attraction.



www.thebrightonhotel.co.uk - 01273 820 555



Europe's foremost gender selection and egg donation clinic

- 100% success rate on selected gender
- 20 years experience • Proven methodology
- State-of-the-art purpose-built facility
- End-to-end arrangements • Expert, total care

www.genderselection.uk.com



www.matoluk.com
tel: 029 2073 3324

Property



FOR SALE: RESIDENCE LA FUIE

(1hr from La Rochelle or Poitiers Airport in Deux Sevres)
The ultimate getaway, 6 bedrooms, 6 bathrooms, 2 Gites, 4 acres and river. Swimming pool and large barn. Beautifully renovated with French charm.
www.come2france.net Tel: 01367 718 238 £450.000 ono

Pets & Livestock

CAMROSA OINTMENT

For animals with sore, broken & itchy skin. Promotes natural healing.

+44 (0)1892 783240 www.camrosa.co.uk

SUNDAY ROAST

Top Collar doggy Chefs have designed a menu for dogs. Recipes include Full English, Sunday Roast and Steak & Chips.

Design your box online at www.TopCollar.co.uk

PACDOG.COM

Quality control for your dog.
Featuring long-life rechargeable batteries and backed with PAC's renowned after-sales service.

Freefone 0800 028 4325

Info@ pacdog.com North 01388 537188 Midlands 01386 554800 South 01769 560040

IRL CALL NUMBER 1890 361 361

DVD PACFENCE PACTRAINER

nDXT popular Effective invisible retaining barrier

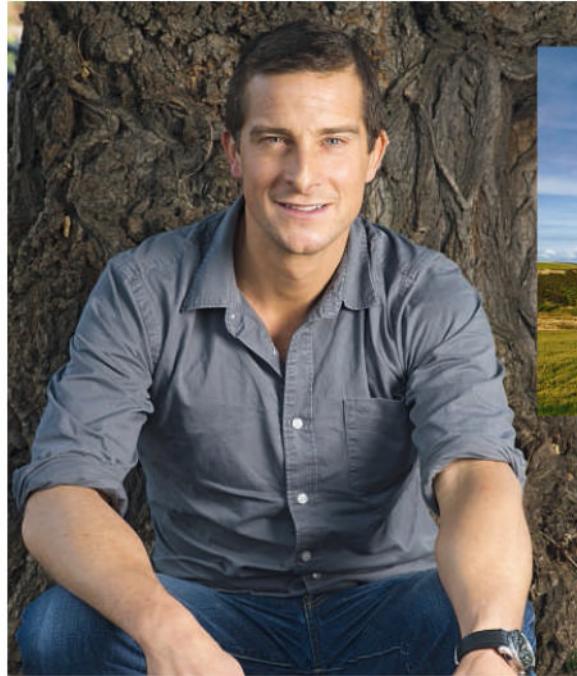
BXT popular

BXC/EXC collar

DXT professional

EXT professional

PAC The Professionals' Choice.



MY COUNTRYSIDE BEAR GRYLLS

The adventurer enjoys the challenge of living off-grid on a small Welsh island

I grew up on the Isle of Wight and have very strong memories of learning to climb on the cliffs, and making rafts there with my father. He was the one who sparked my love of the outdoors. A former commando and climber, he passed on knowledge to me when I was very young – skills that have lasted me a lifetime.

My sons [Jesse, 11, Marmaduke, eight, and Huckleberry, six] love adventure and I like to encourage that. Whether it's climbing in Scotland, exploring caves in Wales or just making a camp in the garden at home, adventure is what you make it. They enter a competition every year for the RNLI, where they build their own raft and race it in Tor Bay in Devon – last year they made one out of their old bed. I love helping them do simple things that don't involve expensive electronics, and it's always good fun. At the moment they are a little too much into fighting each other – I am trying to redirect that energy back into making things and climbing places.

The UK is unique and the more I travel, the more I realise what a perfect mix of tranquil countryside and dramatic

coastal and mountain terrain it offers. I've

just finished filming a series for ITV called *Britain's Biggest Adventures* for which I explored some of the wildest parts. It really opened my eyes to the extraordinary beauty of our country as well as just how easy it still is to find yourself in regions of remote wilderness.

The area I most love is Wales. I'd always dreamed of owning a small island somewhere, since my childhood. So finding St Tudwal's Island West, off the coast of the Llyn Peninsula, was a dream come true.

I've explored the remotest parts of Britain – it's easy to find areas of wilderness

CLOCKWISE FROM FAR LEFT Bear loves the wilds of Wales, including St Tudwal's Island West, which he now owns, and the Brecon Beacons, where he trained before joining the SAS

It is without doubt my favourite place on earth. We have no mains electricity or water and run everything totally off-grid, which at times can be interesting – but I love the challenge! The island has so much to offer but, above all, it gives us a rare opportunity just to be together as a family without much communication with the outside world.

I'm very proud to be the youngest ever Chief Scout. When I was small, the scouts gave me a great sense of family and belonging as well as encouraging my thirst for adventure. My earliest memory of scouting is being given one match and a sausage and then told to work out how to cook it. I thought, 'It will never burn long enough to do that'. Then I realised you used the match to light the fire, and used the fire to cook the sausage.

I vividly remember going to the Brecon Beacons for the first time on my own to train before SAS selection started and being overawed by the scale of the peaks and the brutality of the winter weather. I thought, 'Man, this is going to be harder than I thought', and I was right. But it is

a part of Britain that I love and know so well now.

I've had plenty of hairy moments in the UK – everything from being trapped by the water in huge rapids to falling down crevasses.

The biggest fear for me as a father and husband is not being there for my family, and I've certainly had a few too many close calls over the years. They have all taught me that life is precious, and that you have to be smart because you only have to get it wrong once. 

For information about the Bear Grylls Survival Academy, go to beargryllssurvivalacademy.com.



Introducing

THE SEBASTIAN COX KITCHEN

by deVOL



COUNTRY LIVING

PAINT COLLECTION

FROM MARSTON & LANGINGER

25 COLOURS INSPIRED BY NATURE



The *Country Living* paint collection has been carefully developed by the decorating team on the magazine. The range of beautiful colours includes both classic shades and contemporary tones, with an emphasis on the gentle, the pale and the subtle.

Buy sample pots and paint at shop.countryliving.co.uk
or marston-and-langinger.com
Also available from Brewers / designerpaint.com

PLASTER PINK // N°20 from the *Country Living* paint collection.

MARSTON &
LANGINGER &

DURABLE DESIGNER PAINT

Exterior Eggshell | Chalky Interior Matt | Interior Eggshell